

Individual Best Times (All Time)

Emily Stenton - (415892) - Alnwick Dolphin SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	34.63	34.00	316	27/03/11	City of Sunderland Spring Meet	Sunderland	NE1256	3
100 Freestyle	1:10.35	1:09.10	397	13/10/13	Northumberland & Durham SA Autumn Meet	Sunderland	NE3822	3
200 Freestyle	2:29.85	2:27.50	427	08/07/12	City of Sunderland Summer Splash	Sunderland	NE2187	3
400 Freestyle	5:13.51	5:09.00	423	19/05/13	City of Sunderland May Open Meet	Sunderland	NE3324	1
800 Freestyle	10:32.39	10:23.20	450	13/10/13	Northumberland & Durham SA Autumn Meet	Sunderland	NE3822	3
50 Breaststroke	44.80	44.10	275	05/01/13	City of Sunderland New Year Meet	Sunderland	NE3092	3
50 Butterfly	41.10	40.60	210	18/07/10	Sunderland Non National Qualifier Meet	Sunderland	NE0469	3
100 Butterfly	1:28.73	1:27.90	244	06/10/12	Northumberland & Durham Autumn Meet 2012	Sunderland	NE2628	3
50 Backstroke	37.58	37.00	365	06/01/13	City of Sunderland New Year Meet	Sunderland	NE3092	3
100 Backstroke	1:18.21	1:17.20	393	08/07/12	City of Sunderland Summer Splash	Sunderland	NE2187	3
200 Backstroke	2:41.85	2:39.80	440	19/05/13	City of Sunderland May Open Meet	Sunderland	NE3324	1
200 Individual Medley	3:16.21	3:14.20	265	17/07/10	Sunderland Non National Qualifier Meet	Sunderland	NE0469	3
400 Individual Medley	6:15.26	6:10.50	355	06/10/12	Northumberland & Durham Autumn Meet 2012	Sunderland	NE2628	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.92	32.60	370	11/05/13	Tynemouth ASC Open Sprints & Teams 2013	Tynemouth	NE3325	3
100 Freestyle	1:08.69	1:09.90	391	15/06/13	Alnwick Dolphins Time Trials & Club Champs	Alnwick	NE3517	4
200 Freestyle	2:27.47	2:29.80	418	29/04/12	Chester le Street Open Meet	Stanley	NE2290	4
400 Freestyle	5:04.06	5:08.60	440	18/01/14	Newburn New Year Graded Meet	Stanley	NE4304	3
800 Freestyle	10:08.98	10:18.40	481	12/11/13	Alnwick Dolphins 800 & 1500 Time Trials	Didcot	NE3994	4
50 Breaststroke	43.57	44.30	276	11/05/13	Tynemouth ASC Open Sprints & Teams 2013	Tynemouth	NE3325	3
100 Breaststroke	1:33.51	1:34.90	296	20/10/13	Durham City ASC Medley Challenge	Durham	NE3817	3
200 Breaststroke	3:23.47	3:26.10	289	15/06/13	Alnwick Dolphins Time Trials & Club Champs	Alnwick	NE3517	4
50 Butterfly	37.87	38.40	266	15/09/12	South Tyneside Autumn Meet 2012	South Tyneside	NE2633	3
100 Butterfly	1:20.38	1:21.30	304	20/10/13	Durham City ASC Medley Challenge	Durham	NE3817	3
200 Butterfly	3:03.51	3:05.20	276	27/04/13	Chester Le Street Open Meet	Stanley	NE3317	3
50 Backstroke	36.00	36.60	345	11/05/13	Tynemouth ASC Open Sprints & Teams 2013	Tynemouth	NE3325	3
100 Backstroke	1:15.22	1:16.30	388	20/10/13	Durham City ASC Medley Challenge	Durham	NE3817	3
200 Backstroke	2:38.72	2:40.80	420	08/09/13	South Tyneside ASC Autumn Meet	Hebburn	NE3829	3
200 Individual Medley	2:49.26	2:51.60	373	20/10/13	Durham City ASC Medley Challenge	Durham	NE3817	3
400 Individual Medley	5:51.73	5:56.70	398	12/11/11	North East Invitational Series Meet	Alnwick	NE1544	4
100 Individual Medley	1:20.63	1:20.60	344	16/06/13	Alnwick Dolphins Time Trials & Club Champs	Alnwick	NE3517	4