Individual Best Times (All Time)

Emily Wood - (491762) - Kidlington & Gosford SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.55	30.90	419	17/11/13	City of Cardiff Capital Open Meet	Cardiff	WAL532	1
100 Freestyle	1:05.18	1:03.90	499	15/11/14	Welsh Capital Open Meet	Cardiff	WAL608	1
200 Freestyle	2:20.82	2:18.30	514	05/05/14	ASA South East Region Youth Championships	Guildford	SER417	1
400 Freestyle	5:05.32	5:00.70	458	25/05/13	ASA South East Region Age Group Champs	Crawley	SER303	1
50 Breaststroke	33.71	32.80	647	17/02/18	BUCS Long Course Swimming Championships	Sheffield	NE180246	1
100 Breaststroke	1:12.13	1:10.40	702	09/04/17	The National Arena Swimming League 47th Cup Final	Cardiff	WL170094	1
200 Breaststroke	2:31.68	2:28.20	745	12/03/17	Edinburgh International Meet 2017	Edinburgh	SCO1260	1
50 Butterfly	31.01	30.40	488	28/10/17	Millfield Super Series	Millfield	SW171202	1
100 Butterfly	1:13.65	1:12.60	427	16/11/14	Welsh Capital Open Meet	Cardiff	WAL608	1
50 Backstroke	41.35	40.90	274	26/06/11	City of Liverpool Summer Meet 2011	Liverpool	NW1026	1
100 Backstroke	1:11.25	1:10.10	520	29/05/16	City of Cardiff Open Meet	Cardiff	WL160446	1
200 Backstroke	2:31.44	2:29.20	537	06/06/14	Cardiff International Open Meet	Cardiff	WAL573	1
200 Individual Medley	2:22.38	2:19.60	695	09/04/17	The National Arena Swimming League 47th Cup Final	Cardiff	WL170094	1
400 Individual Medley	5:03.43	4:57.60	672	30/04/17	ASA South East Region Championships 2017	Wycombe	SE170865	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.79	29.50	505	13/02/16	Oxon & North Bucks County Champs	Aylesbury	SE160077	2
100 Freestyle	1:01.55	1:02.90	544	20/10/18	Millfield School & Street SC TYR	Millfield School	SW181181	2
200 Freestyle	2:06.41	2:09.10	664	11/02/17	Oxfordshire & North Bucks County Championships	Aylesbury	SE170306	2
400 Freestyle	4:29.12	4:34.30	634	15/01/17	Oxfordshire & North Bucks County Championships	Aylesbury	SE170304	2
800 Freestyle	9:10.66	9:21.00	651	08/01/17	Oxfordshire & North Bucks County Championships	Oxford	SE170303	2
50 Breaststroke	32.82	33.80	645	11/11/17	BUCS Short Course Swimming Championships	Sheffield	NE172398	2
100 Breaststroke	1:09.79	1:11.60	713	05/11/16	ASA South East Region Winter Championships 2016	Portsmouth	SE162237	2
200 Breaststroke	2:26.95	2:30.50	767	11/11/17	BUCS Short Course Swimming Championships	Sheffield	NE172398	2
50 Butterfly	30.64	31.30	503	07/02/15	Oxfordshire & North Bucks County Champs	Aylesbury	CC150246	2
100 Butterfly	1:08.16	1:09.30	498	13/02/16	Oxon & North Bucks County Champs	Aylesbury	SE160077	2
200 Butterfly	2:33.34	2:35.40	474	28/06/15	Maxwell Swim Club June 2015 L3 Meet	Aylesbury	SE151128	3
50 Backstroke	32.97	33.60	449	08/02/15	Oxfordshire & North Bucks County Champs	Aylesbury	CC150246	2
100 Backstroke	1:06.69	1:07.90	557	12/02/17	Oxfordshire & North Bucks County Championships	Aylesbury	SE170306	2
200 Backstroke	2:21.41	2:23.70	595	07/02/16	Oxon & North Bucks County Champs	Aylesbury	SE160076	2
200 Individual Medley	2:18.35	2:21.20	683	09/12/17	NASLS - Round Three	Wycombe	SE172619	2
400 Individual Medley	4:50.64	4:56.60	707	15/01/17	Oxfordshire & North Bucks County Championships	Aylesbury	SE170304	2
100 Individual Medley	1:05.70	1:05.70	636	11/02/17	Oxfordshire & North Bucks County Championships	Aylesbury	SE170306	2