

Individual Best Times (All Time)

Emily Locke - (517199) - Southwold Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.39	29.70	468	09/01/16	United Bristol New Year Open Meet	Bristol	SW160136	1
100 Freestyle	1:06.51	1:05.20	469	09/01/16	United Bristol New Year Open Meet	Bristol	SW160136	1
200 Freestyle	2:25.89	2:23.50	462	01/11/14	City of Bristol Open Meet	Bristol	SW4538	3
400 Freestyle	5:09.08	5:04.50	441	12/01/13	Exeter City Open Meet	Cardiff	SW3110	1
800 Freestyle	10:32.30	10:23.10	450	12/01/14	Gloucester County ASA Championships	Bath	CC4056	1
50 Breaststroke	38.57	37.70	432	09/04/16	City of Bristol International Open Meet	Bristol	SW160503	1
100 Breaststroke	1:24.26	1:22.80	440	09/04/16	City of Bristol International Open Meet	Bristol	SW160503	1
200 Breaststroke	3:01.89	2:59.00	432	30/04/16	ASA SWR Summer Championships	Plymouth	SW160535	1
50 Butterfly	31.30	30.70	475	18/02/18	BUCS Long Course Swimming Championships	Sheffield	NE180246	1
100 Butterfly	1:12.12	1:11.10	455	03/05/15	ASA South West Summer Championships	Plymouth	SW150229	1
200 Butterfly	2:51.20	2:49.30	360	09/06/13	ASA South West Region Age Groups 2013	Millfield	SWR323	1
50 Backstroke	37.78	37.20	359	12/01/13	Exeter City Open Meet	Cardiff	SW3110	1
100 Backstroke	1:22.49	1:21.50	335	11/01/14	UBSC New Year Open Meet	Hengrove	SW4041	1
200 Individual Medley	2:42.38	2:39.90	468	09/01/16	United Bristol New Year Open Meet	Bristol	SW160136	1
400 Individual Medley	5:52.75	5:47.70	428	11/01/14	UBSC New Year Open Meet	Hengrove	SW4041	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.79	29.50	505	21/11/15	Aquae Sulis Grand Prix	Bristol	SW150917	2
100 Freestyle	1:03.41	1:04.70	497	22/11/15	Aquae Sulis Grand Prix	Bristol	SW150917	2
200 Freestyle	2:18.60	2:21.10	504	11/04/15	Gloucester City Level 2 April Open Meet	Gloucester	SW150202	2
400 Freestyle	4:50.86	4:55.60	502	07/03/15	Gloucestershire County Championships	Gloucester	CC150226	2
800 Freestyle	10:18.38	10:27.70	460	13/01/13	Gloucestershire County Championships	Gloucester	CC3031	2
1500 Freestyle	21:52.92	22:08.60	331	19/12/10	Gloucester County Champs	Bristol	CC1046	2
50 Breaststroke	37.21	38.00	443	30/01/16	Gloucester County ASA Championships	Gloucester	SW160215	2
100 Breaststroke	1:20.17	1:21.70	470	22/11/15	Aquae Sulis Grand Prix	Bristol	SW150917	2
200 Breaststroke	2:53.58	2:56.60	465	09/03/14	Gloucester County ASA Championships	Gloucester	CC4058	2
50 Butterfly	31.38	32.00	468	22/11/15	Aquae Sulis Grand Prix	Bristol	SW150917	2
100 Butterfly	1:08.84	1:09.90	484	21/11/15	Aquae Sulis Grand Prix	Bristol	SW150917	2
200 Butterfly	2:38.20	2:40.20	432	08/02/15	Gloucestershire County Championships	Gloucester	CC150225	2
50 Backstroke	34.13	34.70	404	03/07/16	ASA SWR Fast 5 Competitiin	Gloucester	SW160539	3
100 Backstroke	1:12.80	1:13.90	428	21/03/15	Gloucestershire County Championships	Gloucester	CC150227	2
200 Backstroke	2:39.42	2:41.50	415	07/03/15	Gloucestershire County Championships	Gloucester	CC150226	2
200 Individual Medley	2:34.39	2:36.90	491	21/11/15	Aquae Sulis Grand Prix	Bristol	SW150917	2
400 Individual Medley	5:31.43	5:36.70	476	07/02/15	Gloucestershire County Championships	Gloucester	CC150225	2
100 Individual Medley	1:11.31	1:11.30	497	21/11/15	Aquae Sulis Grand Prix	Bristol	SW150917	2