

Individual Best Times (All Time)

Emma Tappenden - (548511) - Basildon and Phoenix SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.24	29.50	475	01/04/18	BPSC Easter Meet 2018	Basildon	ER180211	1
100 Freestyle	1:05.45	1:04.20	493	03/02/19	Essex Age Group Champs 2019	Basildon	ER190210	1
200 Freestyle	2:17.54	2:15.00	552	16/02/20	Essex Age Group Championships 2020	Basildon	ER200178	1
400 Freestyle	4:52.18	4:47.30	522	03/02/19	Essex Age Group Champs 2019	Basildon	ER190210	1
800 Freestyle	10:20.35	10:11.00	477	04/02/18	Essex Age Group Championships 2018	Basildon	ER180156	1
50 Breaststroke	41.75	41.00	340	01/04/18	BPSC Easter Meet 2018	Basildon	ER180211	1
100 Breaststroke	1:32.63	1:31.30	331	20/01/18	Essex Age Group Championships 2018	Basildon	ER180154	1
200 Breaststroke	3:22.84	3:20.20	311	19/02/17	Essex Age Group Championships 2017	Basildon	ER170025	1
50 Butterfly	35.17	34.60	335	02/02/19	ESSEX AGE GROUP CHAMPS 2019	LONDON	ER190209	1
100 Butterfly	1:20.84	1:19.90	323	18/02/18	Essex Age Group Championships 2018	Basildon	ER180157	1
50 Backstroke	35.64	35.10	428	02/02/19	ESSEX AGE GROUP CHAMPS 2019	LONDON	ER190209	1
100 Backstroke	1:17.00	1:15.90	412	15/02/20	Essex Age Group Championships 2020	Basildon	ER200178	1
200 Backstroke	2:43.79	2:41.70	424	18/02/18	Essex Age Group Championships 2018	Basildon	ER180157	1
200 Individual Medley	2:50.69	2:48.40	403	21/01/18	Essex Age Group Championships 2018	Basildon	ER180154	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.53	30.20	468	14/03/20	BPSC Spring Regional Qualifier 2020	Basildon	ER200476	3
100 Freestyle	1:02.70	1:04.00	514	15/03/20	BPSC Spring Regional Qualifier 2020	Basildon	ER200476	3
200 Freestyle	2:15.03	2:17.60	545	17/03/19	BPSC Regional County Qualifier 2019	Basildon	ER190185	3
400 Freestyle	4:48.09	4:52.90	517	09/03/19	Ealing Regional Qualifier 2019	Northolt LC	LR190006	3
800 Freestyle	10:07.72	10:17.20	484	02/12/17	BPSC 800 & 1500 County & Regional Qualifier	Basildon	ER172325	3
50 Breaststroke	41.62	42.40	316	02/04/17	Thurrock Essex & Regional Qualifier	Thurrock	ER170046	3
100 Breaststroke	1:29.62	1:31.00	336	16/12/17	BPSC Last Chance County Qualifier	Basildon	ER172322	3
200 Breaststroke	3:09.63	3:12.40	357	16/12/17	BPSC Last Chance County Qualifier	Basildon	ER172322	3
50 Butterfly	34.78	35.30	344	29/06/18	BPSC Club Champs 2018	Basildon	ER181175	4
100 Butterfly	1:17.04	1:18.00	345	01/12/17	BPSC Winter Club Champs 2017	Basildon	ER172324	4
50 Backstroke	34.33	34.90	397	16/12/18	BPSC Last Chance County Qualifier 2018	Basildon	ER181385	3
100 Backstroke	1:13.09	1:14.20	423	16/12/18	BPSC Last Chance County Qualifier 2018	Basildon	ER181385	3
200 Backstroke	2:37.35	2:39.50	431	27/11/17	BPSC Winter Club Champs 2017	Basildon	ER172323	4
200 Individual Medley	2:43.53	2:45.90	413	17/12/17	BPSC Last Chance County Qualifier	Basildon	ER172322	3
400 Individual Medley	6:17.50	6:22.10	322	29/11/15	Basildon & Phoenix Club Championships 2015	Basildon	ER150960	4
100 Individual Medley	1:29.20	1:29.20	254	15/02/15	Essex County Age Group Championships 2015	Basildon	CC150045	2