

# Individual Best Times (All Time)

Emma Saunders - (65283) - Horwich Leisure Centre SC

Long Course

| Stroke                | LC Time | Converted to SC | LC WA Pts | Date     | Meet                                    | Venue        | Licence | Level |
|-----------------------|---------|-----------------|-----------|----------|-----------------------------------------|--------------|---------|-------|
| 50 Freestyle          | 26.33   | 25.50           | 721       | 31/07/11 | British Gas ASA National Youth Champs   | Sheffield    | ASA112  | 1     |
| 100 Freestyle         | 55.85   | 54.30           | 793       | 05/10/10 | Commonwealth Games 2010                 | Delhi, India | INT236  | 1     |
| 200 Freestyle         | 1:59.96 | 1:57.00         | 832       | 18/08/10 | BG ASA Championships 2010               | Sunderland   | ASA103  | 1     |
| 400 Freestyle         | 4:20.78 | 4:15.40         | 735       | 21/08/10 | BG ASA Championships 2010               | Sunderland   | ASA103  | 1     |
| 800 Freestyle         | 9:16.25 | 9:05.80         | 661       | 03/04/08 | British Champs (50m) 2008               | Sheffield    | ASA077  | 1     |
| 50 Breaststroke       | 39.74   | 38.90           | 395       | 28/01/06 | Gateshead & Whickham Meet               | Sheffield    | NE6043  | 1     |
| 100 Breaststroke      | 1:20.24 | 1:18.70         | 510       | 11/06/06 | North West Region Age Grps              | Manchester   | NWR603  | 1     |
| 200 Breaststroke      | 2:53.92 | 2:50.90         | 494       | 27/07/06 | National AG Champs 2006                 | Sheffield    | ASA059  | 1     |
| 50 Butterfly          | 29.25   | 28.60           | 582       | 18/12/11 | City of Leeds Christmas Cracker         | Leeds        | NE1330  | 1     |
| 100 Butterfly         | 1:02.20 | 1:01.00         | 709       | 30/07/11 | British Gas ASA National Youth Champs   | Sheffield    | ASA112  | 1     |
| 200 Butterfly         | 2:36.00 | 2:34.00         | 476       | 10/03/07 | Lancashire County Champs                | Manchester   | CC7043  | 2     |
| 50 Backstroke         | 28.76   | 28.10           | 814       | 20/08/11 | FINA World Junior Championships 2011    | Lima, Peru   | INT251  | 1     |
| 100 Backstroke        | 1:02.08 | 1:00.80         | 787       | 15/01/15 | 2015 Grand Prix Austin                  | Austin, USA  | GBR094  | 1     |
| 200 Backstroke        | 2:15.19 | 2:12.70         | 755       | 05/12/15 | ATT Winter Nationals                    | Seattle, USA | GBR249  | 1     |
| 200 Individual Medley | 2:16.04 | 2:13.10         | 796       | 06/03/11 | British Gas Swimming Championships 2011 | Manchester   | ASA108  | 1     |
| 400 Individual Medley | 5:14.36 | 5:08.70         | 604       | 29/07/06 | National AG Champs 2006                 | Sheffield    | ASA059  | 1     |

Short Course

| Stroke                | SC Time | Converted to LC | SC WA Pts | Date     | Meet                                       | Venue           | License | Level |
|-----------------------|---------|-----------------|-----------|----------|--------------------------------------------|-----------------|---------|-------|
| 50 Freestyle          | 26.16   | 26.90           | 673       | 03/12/11 | BG North West Regional Championships       | Manchester      | NWR107  | 2     |
| 100 Freestyle         | 55.05   | 56.50           | 760       | 17/10/10 | ASA National Team Div 1                    | Sheffield       | ASA105  | 2     |
| 200 Freestyle         | 1:58.73 | 2:01.60         | 801       | 03/12/11 | BG North West Regional Championships       | Manchester      | NWR107  | 2     |
| 400 Freestyle         | 4:20.90 | 4:26.20         | 696       | 08/11/09 | North West Region Champs                   | Manchester      | NWR904  | 2     |
| 50 Breaststroke       | 37.37   | 38.20           | 437       | 22/10/05 | Harrogate Junior Open Mt                   | Harrogate       | NE5027  | 1     |
| 100 Breaststroke      | 1:20.85 | 1:22.40         | 458       | 14/05/06 | Bolton & District Champs                   | Salford         | NW6136  | 2     |
| 200 Breaststroke      | 2:50.66 | 2:53.70         | 490       | 23/10/05 | Harrogate Junior Open Mt                   | Harrogate       | NE5027  | 1     |
| 50 Butterfly          | 27.93   | 28.60           | 665       | 04/12/11 | BG North West Regional Championships       | Manchester      | NWR107  | 2     |
| 100 Butterfly         | 1:01.26 | 1:02.50         | 686       | 16/10/11 | BG ASA National County Team Division 1     | Sheffield       | ASA113  | 2     |
| 200 Butterfly         | 2:34.50 | 2:36.50         | 463       | 04/02/06 | Bolton & Manchester                        | Machester       | NW6053  | 2     |
| 50 Backstroke         | 28.72   | 29.40           | 679       | 17/10/10 | ASA National Team Div 1                    | Sheffield       | ASA105  | 2     |
| 100 Backstroke        | 1:01.93 | 1:03.20         | 696       | 06/08/09 | British Gas Grand Prix                     | Leeds           | ASA095  | 1     |
| 200 Backstroke        | 2:13.28 | 2:15.80         | 710       | 09/08/09 | British Gas Grand Prix                     | Leeds           | ASA095  | 1     |
| 200 Individual Medley | 2:14.56 | 2:17.50         | 742       | 18/11/12 | Stockport Metro November Short Course Meet | Stockport       | NW2599  | 2     |
| 400 Individual Medley | 5:42.14 | 5:47.20         | 433       | 16/04/05 | Spa Town Distance Meet                     | Harrogate       | L1E208  | 2     |
| 100 Individual Medley | 1:03.03 | 1:03.00         | 720       | 23/10/11 | Fina Swimming World Cup 2011               | Berlin, Germany | INT255  | 2     |