

Individual Best Times (All Time)

Emily Ridout - (67576) - Dunstable SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	26.07	25.30	742	21/02/16	MWC Long Course Meet	USA	GBR293	1
100 Freestyle	58.75	57.30	681	18/07/12	BG ASA National Youth Championships 2012	Sheffield	ASA119	1
200 Freestyle	2:27.81	2:25.40	445	09/02/08	Wycombe District Annual	Wycombe	SE8091	2
50 Breaststroke	33.02	32.10	688	30/05/15	Cardiff International Open Meet 2015	Cardiff	WL150515	1
100 Breaststroke	1:11.95	1:10.20	708	17/04/15	British Championships 2015	London	ASA139	1
200 Breaststroke	3:12.16	3:09.40	366	31/03/07	Bexley Long Course Meet	Crystal Palace	LR7010	2
50 Backstroke	31.50	30.90	619	30/05/15	Cardiff International Open Meet 2015	Cardiff	WL150515	1
100 Backstroke	1:08.24	1:07.10	592	01/05/11	BG East Region Championships	Norwich	ERX115	1
200 Backstroke	2:54.70	2:52.80	350	10/02/07	Wycombe District LC Open	Handy Cross	SE7064	2
200 Individual Medley	2:46.99	2:44.60	430	09/02/08	Wycombe District Annual	Wycombe	SE8091	2

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.73	27.50	631	15/05/11	Hatfield UK Challenge 2011	Hatfield	ER1309	2
100 Freestyle	59.37	1:00.80	606	15/05/10	Hatfield UK Challenge	Hatfield	ER0386	2
200 Freestyle	2:12.75	2:15.30	573	05/02/11	Hatfield Uk Challenge Valentines Meet 2011	Hatfield	ER1133	2
400 Freestyle	5:25.02	5:29.30	360	24/03/07	Bedfordshire Champs	Biggleswade	CC7007	2
50 Breaststroke	35.30	36.20	519	03/12/11	BG East Region Winter Championships	Norwich	ERX129	2
100 Breaststroke	1:11.18	1:12.90	672	05/07/15	ASA East Region Inter County Meet	Borehamwood	ER151270	2
200 Breaststroke	3:02.67	3:05.50	399	24/03/07	Bedfordshire Champs	Biggleswade	CC7007	2
50 Butterfly	33.17	33.70	397	11/09/10	Hatfield Club Champs	Hatfield	ER0649	4
50 Backstroke	30.69	31.30	556	05/02/11	Hatfield Uk Challenge Valentines Meet 2011	Hatfield	ER1133	2
100 Backstroke	1:04.79	1:06.00	608	14/05/11	Hatfield UK Challenge 2011	Hatfield	ER1309	2
200 Backstroke	2:47.88	2:49.90	355	01/03/08	Beds County Champs	Biggleswade	CC8078	2
200 Individual Medley	2:31.97	2:34.50	515	09/07/11	Watford SC Alternative Nationals Open	Watford	ER1364	3
100 Individual Medley	1:08.31	1:08.30	566	17/09/11	Hatfield SC Club Championships	Hatfield	ER1614	4