

Individual Best Times (All Time)

Emma Banks - (782313) - Staines Swimming Club

Short Course

| Stroke | SC Time | Converted to LC | SC WA Pts | Date | Meet | Venue | License | Level |
|-----------------------|---------|-----------------|-----------|----------|-----------------------------------|---------------|----------|-------|
| 50 Freestyle | 32.15 | 32.80 | 362 | 01/02/14 | Hatfield Valentines Meet | Hertfordshire | ER4265 | 3 |
| 100 Freestyle | 1:11.42 | 1:12.60 | 348 | 22/04/13 | MCASA Spring Development Meet | Southbury | LR3355 | 3 |
| 50 Breaststroke | 38.45 | 39.30 | 401 | 19/10/14 | Staines SC Black Swan Winter Meet | Elmbridge | SE4162 | 3 |
| 100 Breaststroke | 1:24.38 | 1:25.90 | 403 | 22/03/14 | Middlesex County Championships | Enfield | CC4096 | 2 |
| 200 Breaststroke | 3:16.75 | 3:19.40 | 319 | 20/01/13 | Staines Club Championships | Staines | SE3017 | 4 |
| 50 Butterfly | 35.89 | 36.40 | 313 | 12/07/14 | Staines SC Black Swan Summer Meet | Staines | SE4161 | 3 |
| 50 Backstroke | 39.74 | 40.20 | 256 | 13/07/14 | Staines SC Black Swan Summer Meet | Staines | SE4161 | 3 |
| 100 Backstroke | 1:27.82 | 1:28.70 | 244 | 24/09/13 | Staines Club Championships | Elmbridge | SE3674 | 4 |
| 200 Backstroke | 3:40.04 | 3:41.60 | 157 | 27/11/10 | Staines Club Champs | Staines | SE0694 | 4 |
| 200 Individual Medley | 2:53.00 | 2:55.30 | 349 | 18/10/14 | Staines SC Black Swan Winter Meet | Elmbridge | SE4162 | 3 |
| 100 Individual Medley | 1:20.09 | 1:20.10 | 351 | 31/01/15 | Hatfield Valentines Gala | Hatfield | ER150374 | 3 |