

Individual Best Times (All Time)

Emily Atkinson - (807682) - Peterlee ASC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.57	28.90	509	01/04/17	City of Sunderland National Qualifier 2017	Sunderland	NE170346	1
100 Freestyle	1:04.27	1:03.00	520	03/02/18	N & D 2018 Championships	Sunderland	NE180242	1
200 Freestyle	2:19.60	2:17.10	528	25/03/18	City of Sunderland National Qualifier	Sunderland	NE180846	1
400 Freestyle	4:55.77	4:51.00	504	02/04/17	City of Sunderland National Qualifier 2017	Sunderland	NE170346	1
50 Breaststroke	39.61	38.80	398	27/01/19	Chester le Street ASC and Derwentside Burns Meet	Sheffield	NE190005	1
50 Butterfly	31.78	31.20	454	26/01/19	Chester le Street ASC and Derwentside Burns Meet	Sheffield	NE190005	1
100 Butterfly	1:14.46	1:13.40	413	03/02/18	N & D 2018 Championships	Sunderland	NE180242	1
200 Butterfly	2:48.57	2:46.70	377	11/02/18	N & D 2018 Championships	Sunderland	NE180243	1
50 Backstroke	33.07	32.50	535	26/01/19	Chester le Street ASC and Derwentside Burns Meet	Sheffield	NE190005	1
100 Backstroke	1:11.94	1:10.80	506	05/05/19	Swim England North East Region Championships (50)	Sheffield	NE190135	1
200 Individual Medley	2:43.04	2:40.60	462	09/07/16	Richmond Dales Summer Madness Gala	Leeds	NE160287	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.35	29.10	529	02/12/17	Derwentside Christmas Cracker Meet 2017	Stanley	NE172237	3
100 Freestyle	1:02.00	1:03.30	532	01/11/20	Derwentside	The Louisa Centre	LEX727	0
200 Freestyle	2:12.36	2:15.00	578	02/12/17	Derwentside Christmas Cracker Meet 2017	Stanley	NE172237	3
400 Freestyle	4:43.05	4:48.00	545	30/09/18	South Tyneside Autumn Meet 2018	South Shields	NE182121	3
50 Breaststroke	38.51	39.30	399	02/12/18	Derwentside ASC Christmas Cracker Meet 2018	Stanley	NE180475	3
100 Breaststroke	1:25.99	1:27.40	381	02/12/18	Derwentside ASC Christmas Cracker Meet 2018	Stanley	NE180475	3
200 Breaststroke	3:09.97	3:12.70	355	05/06/16	Derwentside 7th Annual Charity Swim Meet 2016	Stanley	NE160129	3
50 Butterfly	31.26	31.90	474	03/12/17	Derwentside Christmas Cracker Meet 2017	Stanley	NE172237	3
100 Butterfly	1:11.70	1:12.80	428	06/01/18	Peterlee & Derwentside New Year Meet 2018	Stanley	NE180176	3
200 Butterfly	2:41.90	2:43.80	403	03/12/17	Derwentside Christmas Cracker Meet 2017	Stanley	NE172237	3
50 Backstroke	31.92	32.50	494	03/11/18	Swim England North East Region Championships (25)	Sheffield	NE182208	2
100 Backstroke	1:08.30	1:09.50	519	04/11/18	Swim England North East Region Championships (25)	Sheffield	NE182208	2
200 Backstroke	2:32.39	2:34.60	475	04/06/17	Derwentside 8th Annual Charity Swim Meet	Stanley	NE170152	3
200 Individual Medley	2:31.10	2:33.70	524	29/10/20	Derwentside	The Louisa Centre	LEX729	0
100 Individual Medley	1:11.22	1:11.20	499	30/09/18	South Tyneside Autumn Meet 2018	South Shields	NE182121	3