

Individual Best Times (All Time)

Emily South - (817496) - Cheshunt Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.29	28.60	523	24/07/16	BPSC End of Season Meet 2016	Basildon	ER160054	3
100 Freestyle	1:04.33	1:03.00	519	26/03/16	Basildon & Phoenix Easter LC Meet 2016	Basildon	ER160006	1
200 Freestyle	2:26.10	2:23.70	460	23/07/16	BPSC End of Season Meet 2016	Basildon	ER160054	3
400 Freestyle	5:14.14	5:09.60	420	20/04/14	Basildon & Phoenix Easter Long Course Meet	Basildon	ER4044	1
800 Freestyle	11:09.18	11:00.50	380	09/03/13	Hertfordshire County Championships	Luton	CC3087	1
50 Breaststroke	39.72	38.90	395	27/03/16	Basildon & Phoenix Easter LC Meet 2016	Basildon	ER160006	1
100 Breaststroke	1:33.08	1:31.70	327	17/11/12	Team Luton Inaugural Long Course Meet	Luton	ER2464	1
200 Breaststroke	3:26.84	3:24.30	294	18/11/12	Team Luton Inaugural Long Course Meet	Luton	ER2464	1
50 Butterfly	33.22	32.60	397	26/03/16	Basildon & Phoenix Easter LC Meet 2016	Basildon	ER160006	1
200 Individual Medley	2:57.38	2:55.10	359	20/04/14	Basildon & Phoenix Easter Long Course Meet	Basildon	ER4044	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.77	29.50	506	25/01/16	Hertfordshire County Championships	Borehamwood	ER160308	2
100 Freestyle	1:02.29	1:03.60	524	25/10/15	Team Luton Autumn Short Course Meet	Luton	ER150601	3
200 Freestyle	2:17.82	2:20.30	512	24/10/15	Team Luton Autumn Short Course Meet	Luton	ER150601	3
400 Freestyle	5:05.05	5:09.60	435	03/11/13	Cheshunt 9th Annual Autumn Open Meet	Enfield	ER3394	3
50 Breaststroke	38.26	39.10	407	17/04/16	Thurrock Essex & Regional Qualifier 2016	Thurrock	ER160045	3
100 Breaststroke	1:25.42	1:26.90	389	17/01/15	2nd Hoddesdon County Qualifier Open Meet	Borehamwood	ER150005	3
200 Breaststroke	3:10.14	3:12.90	354	18/01/14	Biggleswade SC 15th Open Meet	Biggleswade	ER4051	3
50 Butterfly	33.37	33.90	389	17/04/16	Thurrock Essex & Regional Qualifier 2016	Thurrock	ER160045	3
100 Butterfly	1:24.55	1:25.40	261	29/11/13	Cheshunt SC Club Championships	Cheshunt	ER3972	4
50 Backstroke	37.75	38.30	299	30/01/15	Cheshunt Club 200m & 50m Dash	Cheshunt	ER150375	4
100 Backstroke	1:25.47	1:26.40	264	10/05/14	Barnet Cophall Kate Lack Trophy Meet	Hendon	LR4458	3
200 Backstroke	3:05.87	3:07.70	262	10/02/13	Cheshunt SC 200m & 50m Dash Club Champs	Cheshunt	SE3319	4
200 Individual Medley	2:47.61	2:49.90	384	08/03/14	Hertfordshire ASA County Championships	Borehamwood	CC4080	2
100 Individual Medley	1:17.57	1:17.60	386	22/03/15	Hertfordshire County Championships	Borehamwood	CC150273	2