

Individual Best Times (All Time)

Emily Gladding - (847514) - Wycombe District SC

Long Course

| Stroke | LC Time | Converted to SC | LC WA Pts | Date | Meet | Venue | Licence | Level |
|-----------------------|----------|-----------------|-----------|----------|--|-----------|----------|-------|
| 50 Freestyle | 29.51 | 28.80 | 512 | 21/07/18 | WDSC End of Season Long Course Meet | Wycombe | SE181512 | 3 |
| 100 Freestyle | 1:04.70 | 1:03.40 | 510 | 14/01/18 | Berks & Sth Bucks County Championships | Wycombe | SE180129 | 1 |
| 200 Freestyle | 2:25.49 | 2:23.10 | 466 | 18/02/18 | WDSC Dual Award Long Course Meet 2018 | Wycombe | SE180603 | 3 |
| 400 Freestyle | 5:04.81 | 5:00.20 | 460 | 19/07/15 | Wycombe District End of Season Meet | Wycombe | SE151150 | 3 |
| 800 Freestyle | 10:44.76 | 10:35.70 | 425 | 19/09/15 | Wycombe District Swim Club Club Championships | Wycombe | SE151738 | 4 |
| 50 Breaststroke | 37.85 | 37.00 | 457 | 14/01/18 | Berks & Sth Bucks County Championships | Wycombe | SE180129 | 1 |
| 100 Breaststroke | 1:27.20 | 1:25.70 | 397 | 06/04/19 | Bracknell Wokingham Spring Level 3 Open Meet | Aldershot | SE190316 | 3 |
| 200 Breaststroke | 3:09.86 | 3:07.10 | 380 | 27/02/16 | Aquae Sulis Spring Grand Prix | Bristol | SW160100 | 1 |
| 50 Butterfly | 32.06 | 31.50 | 442 | 26/01/19 | Berkshire & S Buckinghamshire County Champs 2019 | Wycombe | SE190016 | 1 |
| 100 Butterfly | 1:16.26 | 1:15.30 | 385 | 22/09/18 | WDSC Club Championships 2018 | Wycombe | SE181863 | 4 |
| 200 Butterfly | 3:25.86 | 3:24.30 | 207 | 20/09/14 | Wycombe District Club Gala | Wycombe | SE14255 | 4 |
| 50 Backstroke | 34.64 | 34.10 | 466 | 07/04/19 | Bracknell Wokingham Spring Level 3 Open Meet | Aldershot | SE190316 | 3 |
| 100 Backstroke | 1:18.06 | 1:17.00 | 396 | 23/09/18 | WDSC Club Championships 2018 | Wycombe | SE181863 | 4 |
| 200 Backstroke | 2:42.22 | 2:40.10 | 437 | 19/04/15 | Crawley Spring LC Open Meet 2015 | Crawley | SE150218 | 1 |
| 200 Individual Medley | 2:43.10 | 2:40.70 | 462 | 22/07/18 | WDSC End of Season Long Course Meet | Wycombe | SE181512 | 3 |
| 400 Individual Medley | 5:53.25 | 5:48.20 | 426 | 18/07/15 | Wycombe District End of Season Meet | Wycombe | SE151150 | 3 |

Short Course

| Stroke | SC Time | Converted to LC | SC WA Pts | Date | Meet | Venue | License | Level |
|-----------------------|---------|-----------------|-----------|----------|---|-------------|----------|-------|
| 50 Freestyle | 29.24 | 29.90 | 482 | 08/04/18 | Swim Bournemouth Spring Short Course L2 Meet | Bournemouth | SW180120 | 2 |
| 100 Freestyle | 1:03.53 | 1:04.80 | 494 | 16/06/17 | Aylesbury Inter-Club Competition | Aylesbury | SE171027 | 4 |
| 200 Freestyle | 2:18.45 | 2:20.90 | 505 | 08/04/18 | Swim Bournemouth Spring Short Course L2 Meet | Bournemouth | SW180120 | 2 |
| 400 Freestyle | 4:52.31 | 4:57.10 | 495 | 03/10/15 | Maxwell Swim Club October 2015 L2 Meet | Aylesbury | SE151637 | 2 |
| 50 Breaststroke | 37.50 | 38.30 | 432 | 17/12/17 | BPSC Last Chance County Qualifier | Basildon | ER172322 | 3 |
| 100 Breaststroke | 1:22.96 | 1:24.50 | 424 | 02/12/18 | Maxwell December Meet | Aylesbury | SE182577 | 3 |
| 200 Breaststroke | 3:03.86 | 3:06.70 | 392 | 01/12/18 | Maxwell December Meet | Aylesbury | SE182577 | 3 |
| 50 Butterfly | 32.24 | 32.80 | 432 | 07/04/18 | Swim Bournemouth Spring Short Course L2 Meet | Bournemouth | SW180120 | 2 |
| 100 Butterfly | 1:17.54 | 1:18.50 | 338 | 08/03/15 | Berks & S Bucks ASA County & Age Group Champs | Maidenhead | CC150816 | 2 |
| 50 Backstroke | 33.66 | 34.30 | 422 | 02/12/18 | Maxwell December Meet | Aylesbury | SE182577 | 3 |
| 100 Backstroke | 1:13.67 | 1:14.80 | 413 | 17/12/17 | BPSC Last Chance County Qualifier | Basildon | ER172322 | 3 |
| 200 Backstroke | 2:37.85 | 2:39.90 | 427 | 17/01/15 | Watford County Qualifier Open Meet | Watford | ER150010 | 3 |
| 200 Individual Medley | 2:36.20 | 2:38.70 | 474 | 10/11/18 | National Arena Swimming League South Round 2 | Fleet | SE182664 | 3 |
| 400 Individual Medley | 5:35.94 | 5:41.10 | 457 | 06/12/15 | Maxwell December 2015 L3 Meet | Aylesbury | SE152061 | 3 |
| 100 Individual Medley | 1:12.46 | 1:12.50 | 474 | 16/12/17 | BPSC Last Chance County Qualifier | Basildon | ER172322 | 3 |