

Individual Best Times (All Time)

Emily Miller - (853467) - Rushmoor Royals SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.84	31.20	407	10/11/19	Rushmoor Royals County Sprint Qualifier 2019	Aldershot	SE192424	3
100 Freestyle	1:09.44	1:08.20	412	10/11/19	Rushmoor Royals County Sprint Qualifier 2019	Aldershot	SE192424	3
200 Freestyle	2:25.87	2:23.50	463	23/02/20	Rushmoor Royals L3 Spring Regional Qualifier	Aldershot	SE200611	3
400 Freestyle	5:07.89	5:03.30	446	22/02/20	Rushmoor Royals L3 Spring Regional Qualifier	Aldershot	SE200611	3
800 Freestyle	10:57.64	10:48.80	400	30/01/16	Berkshire & Sth Bucks 2016 County Championships	Aldershot	SE160041	1
1500 Freestyle	19:51.58	19:34.10	460	17/06/18	Rushmoor Royals Club Championships 2018	Aldershot	SE181534	4
50 Breaststroke	36.92	36.10	492	14/01/18	Berks & Sth Bucks County Championships	Wycombe	SE180129	1
100 Breaststroke	1:20.99	1:19.40	496	08/02/20	Hampshire County Championships 2020	Portsmouth	SE200384	1
200 Breaststroke	2:55.21	2:52.20	483	09/02/20	Hampshire County Championships 2020	Portsmouth	SE200384	1
50 Butterfly	33.51	32.90	387	27/01/18	Berks & Sth Bucks County Championships	Wycombe	SE180130	1
100 Butterfly	1:19.62	1:18.70	338	13/01/18	Berks & Sth Bucks County Championships	Wycombe	SE180129	1
50 Backstroke	36.22	35.70	407	25/02/18	Rushmoor Royals Regional Qualifier Open Meet	Aldershot	SE180239	3
100 Backstroke	1:15.86	1:14.80	431	27/01/18	Berks & Sth Bucks County Championships	Wycombe	SE180130	1
200 Backstroke	2:40.50	2:38.40	451	23/02/20	Rushmoor Royals L3 Spring Regional Qualifier	Aldershot	SE200611	3
200 Individual Medley	2:42.72	2:40.30	465	27/05/18	London Swimming 2018 Long Course Summer Open	London	LR181069	1
400 Individual Medley	5:58.79	5:53.90	406	20/03/16	Rushmoor Royals L1 Spring National Qualifier	Aldershot	SE160096	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.30	31.00	433	23/06/18	Rushmoor Royals Club Championships 2018	Aldershot	SE181535	4
100 Freestyle	1:06.02	1:07.30	440	15/10/16	Rushmoor Royals Autumn Open Meet 2016	Aldershot	SE161499	2
200 Freestyle	2:22.04	2:24.50	468	23/06/18	Rushmoor Royals Club Championships 2018	Aldershot	SE181535	4
400 Freestyle	4:55.41	5:00.10	480	23/06/18	Rushmoor Royals Club Championships 2018	Aldershot	SE181535	4
800 Freestyle	10:25.43	10:34.60	444	12/11/15	Windsor Club Championships	Windsor	SE152298	4
50 Breaststroke	36.41	37.30	473	15/12/19	Rushmoor Royals First Come First Serve Sprint Meet	Hart	SE192484	3
100 Breaststroke	1:17.95	1:19.50	511	15/12/19	Rushmoor Royals First Come First Serve Sprint Meet	Hart	SE192484	3
200 Breaststroke	2:47.85	2:51.00	515	03/11/18	City of Cardiff Capital Open Meet	Cardiff	WL181058	2
50 Butterfly	33.18	33.70	396	28/09/19	Rushmoor Royals 50m Challenge 2019	Hart	SE192485	3
100 Butterfly	1:15.37	1:16.40	368	03/12/17	Windsor L3 County Chaser Meet	Maidenhead	SE171777	3
200 Butterfly	2:56.65	2:58.40	310	26/06/16	Windsor Club Championships	Windsor	SE161463	4
50 Backstroke	33.99	34.60	409	29/09/18	RR Winter National & Regional Qualifier L2 Meet	Hart	SE181933	2
100 Backstroke	1:13.15	1:14.20	422	23/06/18	Rushmoor Royals Club Championships 2018	Aldershot	SE181535	4
200 Backstroke	2:35.90	2:38.00	444	03/12/17	Windsor L3 County Chaser Meet	Maidenhead	SE171777	3
200 Individual Medley	2:37.04	2:39.50	467	03/12/17	Windsor L3 County Chaser Meet	Maidenhead	SE171777	3
400 Individual Medley	5:33.43	5:38.70	468	23/06/18	Rushmoor Royals Club Championships 2018	Aldershot	SE181535	4
100 Individual Medley	1:15.61	1:15.60	417	28/01/17	Berks & Sth Bucks ASA 2017 County Championships	Maidenhead	SE170069	2