

# Individual Best Times (All Time)

Emily Milton - (887556) - Romford Town SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.54	27.80	566	04/02/17	Essex Age Group Championships 2017	Basildon	ER170025	1
100 Freestyle	1:01.47	1:00.10	595	20/02/16	Essex Age Group Championships 2016	Basildon	ER160005	1
200 Freestyle	2:08.28	2:05.50	680	02/08/17	Swim England National Summer Meet (50m)	Sheffield	ENG001	1
400 Freestyle	4:28.03	4:22.70	677	29/07/17	British Summer Championships	Sheffield	BSW002	1
800 Freestyle	9:17.70	9:07.30	656	27/05/17	Cardiff International Open Meet 2017	Cardiff	WL170116	1
50 Breaststroke	38.08	37.20	449	15/07/17	RTSC End of Season Meet 2017	London	LR170651	3
100 Breaststroke	1:23.37	1:21.80	455	23/01/16	Essex Age Group Championships 2016	Basildon	ER160002	1
200 Breaststroke	2:58.25	2:55.30	459	21/02/16	Essex Age Group Championships 2016	Basildon	ER160005	1
50 Butterfly	30.95	30.30	491	04/02/17	Essex Age Group Championships	London	ER170023	1
100 Butterfly	1:08.87	1:07.80	522	21/01/18	Essex Age Group Championships 2018	Basildon	ER180154	1
200 Butterfly	2:28.03	2:25.90	557	01/05/17	2017 London Swimming Regional Youth Championships	Stratford	LR170800	1
50 Backstroke	33.55	32.90	513	04/02/17	Essex Age Group Championships	London	ER170023	1
100 Backstroke	1:10.10	1:08.90	547	21/01/17	Essex Age Group Championships 2017	Basildon	ER170025	1
200 Backstroke	2:29.31	2:27.10	560	15/07/17	RTSC End of Season Meet 2017	London	LR170651	3
200 Individual Medley	2:26.97	2:24.30	631	28/05/17	Cardiff International Open Meet 2017	Cardiff	WL170116	1
400 Individual Medley	5:08.17	5:02.40	642	02/08/17	Swim England National Summer Meet (50m)	Sheffield	ENG001	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.35	29.10	529	01/10/16	Romford Town David Jacobs 6th Memorial Gala	Basildon	LR161038	3
100 Freestyle	59.66	1:01.00	597	09/12/17	NASL - London Rounds 2017 - Premier Division	Harlow	ER172138	4
200 Freestyle	2:09.91	2:12.60	612	29/10/16	Essex Senior Winter Championships 2016	Basildon	ER161065	2
400 Freestyle	4:33.65	4:38.70	603	05/11/16	London Region Winter Championships	Stratford	LR162227	2
800 Freestyle	9:18.80	9:29.00	623	28/10/16	Essex Senior Winter Championships 2016	Basildon	ER161065	2
50 Breaststroke	38.13	38.90	411	01/10/16	Romford Town David Jacobs 6th Memorial Gala	Basildon	LR161038	3
100 Breaststroke	1:26.71	1:28.20	371	16/03/14	Essex County Championships	Basildon	CC4040	2
200 Breaststroke	2:57.77	3:00.70	433	14/02/15	Essex County Age Group Championships 2015	Basildon	CC150045	2
50 Butterfly	31.21	31.80	476	01/10/16	Romford Town David Jacobs 6th Memorial Gala	Basildon	LR161038	3
100 Butterfly	1:07.50	1:08.60	513	09/12/17	NASL - London Rounds 2017 - Premier Division	Harlow	ER172138	4
200 Butterfly	2:31.38	2:33.50	493	30/10/16	Essex Senior Winter Championships 2016	Basildon	ER161065	2
50 Backstroke	32.47	33.10	470	01/10/16	Romford Town David Jacobs 6th Memorial Gala	Basildon	LR161038	3
100 Backstroke	1:09.28	1:10.40	497	10/11/18	The NASL - London - Rounds 2018 - Premier Division	Watford	ER182089	2
200 Backstroke	2:30.73	2:32.90	491	05/11/16	London Region Winter Championships	Stratford	LR162227	2
200 Individual Medley	2:28.27	2:30.90	555	07/11/15	ASA London Region Winter Short Course Championship	London	LR150872	2
400 Individual Medley	5:08.60	5:14.20	590	29/10/16	Essex Senior Winter Championships 2016	Basildon	ER161065	2
100 Individual Medley	1:09.89	1:09.90	528	01/10/16	Romford Town David Jacobs 6th Memorial Gala	Basildon	LR161038	3