

Individual Best Times (All Time)

Emily Thomas - (897429) - Anaconda SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.69	29.00	502	28/01/18	MCASA 2018 County Age Group & Youth Championships	London	LR180226	1
100 Freestyle	1:05.09	1:03.80	501	28/01/18	MCASA 2018 County Age Group & Youth Championships	London	LR180226	1
200 Freestyle	2:31.97	2:29.70	409	25/09/16	BWFSC County Qualifier Meet 2016	London	LR161616	3
50 Breaststroke	42.50	41.80	322	02/07/16	Bishops Stortord End of Season LC Open Meet	Luton	ER160490	3
50 Butterfly	33.60	33.00	384	27/01/18	MCASA 2018 County Age Group & Youth Championships	London	LR180226	1
50 Backstroke	35.82	35.30	421	27/01/18	MCASA 2018 County Age Group & Youth Championships	London	LR180226	1
100 Backstroke	1:19.53	1:18.50	374	25/03/17	MCASA Open Meet	London	LR170009	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.89	30.60	451	04/03/17	BHSC Regional Qualifier Meet 2017	Barnet	LR170540	3
100 Freestyle	1:04.67	1:06.00	469	04/03/17	BHSC Regional Qualifier Meet 2017	Barnet	LR170540	3
200 Freestyle	2:23.55	2:26.00	453	20/11/16	Enfield County Qualifier	Enfield	LR161300	3
400 Freestyle	5:32.41	5:36.60	336	11/10/15	MCASA Winter Development Meet	Enfield	LR151831	3
800 Freestyle	11:36.71	11:45.00	321	01/03/15	MCASA Spring Development Meet	Enfield	LR150433	3
50 Breaststroke	41.01	41.80	331	12/06/16	Barnet Coptall Kate Lack Trophy Meet	London	LR160993	3
100 Breaststroke	1:35.67	1:37.00	276	14/06/15	Barnet Cophall Kate Lack Trophy Meet	Barnet	LR150812	3
200 Breaststroke	3:26.76	3:29.30	275	28/11/14	Hackney vs Islington Winter Champs	Hackney	LR14645	4
50 Butterfly	33.96	34.50	369	18/11/17	Enfield Swim Squad County Qualifier	Enfield	LR171709	3
100 Butterfly	1:20.65	1:21.60	301	02/12/17	Ealing Christmas L3 Open	London	LR170531	3
200 Butterfly	3:27.71	3:29.20	190	28/11/14	Hackney vs Islington Winter Champs	Hackney	LR14645	4
50 Backstroke	35.30	35.90	365	20/11/16	Enfield County Qualifier	Enfield	LR161300	3
100 Backstroke	1:17.29	1:18.30	358	03/10/16	MCASA Winter Development Meet	Enfield	LR161661	3
200 Backstroke	3:00.83	3:02.70	284	03/10/15	MCASA Winter Development Meet	Enfield	LR151830	3
200 Individual Medley	2:55.43	2:57.70	335	14/03/15	MCASA Spring Development Meet	Enfield	LR150434	3
100 Individual Medley	1:18.86	1:18.90	367	09/10/16	MCASA Winter Development Meet	Enfield	LR161660	3