

Individual Best Times (All Time)

Emma Nettleton - (900886) - Newquay Cormorants SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.51	26.70	632	03/08/17	Swim England National Summer Meet (50m)	Sheffield	ENG001	1
100 Freestyle	1:00.91	59.50	611	05/08/17	Swim England National Summer Meet (50m)	Sheffield	ENG001	1
200 Freestyle	2:11.88	2:09.20	626	29/05/17	The Plymouth Leander 2017	Plymouth	SW170070	1
400 Freestyle	4:51.81	4:47.00	524	14/05/16	ASA SWR Summer Championships	Bristol	SW160536	1
50 Breaststroke	37.56	36.70	467	19/03/17	Millfield School Super Series (LC)	Millfield	SW170052	1
100 Breaststroke	1:23.54	1:22.00	452	23/04/16	Millfield & Taunton Super Series	Millfield	SW160152	1
200 Breaststroke	3:20.54	3:17.90	322	31/05/15	ASASWR Summer Championships	Millfield	SW150231	1
50 Butterfly	32.37	31.80	429	26/03/16	Exeter City Easter Meet 2016	Millfield	SW160324	1
100 Butterfly	1:13.22	1:12.20	435	22/05/16	ASA SWR Summer Championships	Millfield	SW160537	1
200 Butterfly	3:11.63	3:10.00	256	26/07/15	The Plymouth Summer Level 3 Long Course Open	Plymouth	SW151166	3
50 Backstroke	31.91	31.30	596	04/08/17	Swim England National Summer Meet (50m)	Sheffield	ENG001	1
100 Backstroke	1:08.70	1:07.50	581	28/05/17	The Plymouth Leander 2017	Plymouth	SW170070	1
200 Backstroke	2:29.17	2:26.90	562	14/05/17	ASA SWR Summer Championships	Bristol	SW170195	1
200 Individual Medley	2:30.22	2:27.60	591	13/05/17	ASA SWR Summer Championships	Bristol	SW170195	1
400 Individual Medley	5:35.32	5:30.00	498	22/05/16	ASA SWR Summer Championships	Millfield	SW160537	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.69	28.40	567	19/11/16	Aquae Sulis Autumn Level 2 Meet	Bristol	SW162363	2
100 Freestyle	1:00.12	1:01.50	583	20/11/16	Aquae Sulis Autumn Level 2 Meet	Bristol	SW162363	2
200 Freestyle	2:13.38	2:16.00	565	19/11/16	Aquae Sulis Autumn Level 2 Meet	Bristol	SW162363	2
400 Freestyle	4:46.35	4:51.20	527	20/11/16	Aquae Sulis Autumn Level 2 Meet	Bristol	SW162363	2
800 Freestyle	10:11.63	10:21.00	475	25/09/16	Cormorants & Dragons Open Meet	Bodmin	SW161918	3
50 Breaststroke	36.18	37.00	482	22/02/17	Cornwall County Championships	Bodmin	SW170016	2
100 Breaststroke	1:22.33	1:23.80	434	10/02/16	Cornwall County Championships	Penzance	SW160348	2
200 Breaststroke	3:00.10	3:03.00	417	10/02/16	Cornwall County Championships	Penzance	SW160348	2
50 Butterfly	31.39	32.00	468	22/02/17	Cornwall County Championships	Bodmin	SW170016	2
100 Butterfly	1:11.80	1:12.90	426	23/10/16	ASA National County Teams Division 2	Sheffield	ASA152	2
200 Butterfly	3:06.92	3:08.60	262	24/01/15	Carn Brea & Helston Winter Invitational Meet	Penzance	SW150267	3
50 Backstroke	31.45	32.10	517	05/11/16	ASA SWR Winter Championships	Millfield	SW162268	2
100 Backstroke	1:07.56	1:08.70	536	06/11/16	ASA SWR Winter Championships	Millfield	SW162268	2
200 Backstroke	2:30.42	2:32.60	494	21/02/17	Cornwall County Championships	Penzance	SW170015	2
200 Individual Medley	2:32.88	2:35.40	506	20/11/16	Aquae Sulis Autumn Level 2 Meet	Bristol	SW162363	2
400 Individual Medley	5:35.88	5:41.10	458	20/02/16	Cornwall County Championships	Penzance	SW160345	2
100 Individual Medley	1:07.65	1:07.70	582	21/02/17	Cornwall County Championships	Penzance	SW170015	2