

# Individual Best Times (All Time)

Emma Richards - (982966) - Leyton SC

## Long Course

| Stroke                | LC Time | Converted to SC | LC WA Pts | Date     | Meet   | Venue     | Licence  | Level |
|-----------------------|---------|-----------------|-----------|----------|--|-----------|----------|-------|
| 50 Freestyle          | 32.34   | 31.70           | 389       | 03/01/16 | BWFSC New Year Meet 2016                     | London    | LR160191 | 3     |
| 100 Freestyle         | 1:09.78 | 1:08.60         | 406       | 03/01/16 | BWFSC New Year Meet 2016                     | London    | LR160191 | 3     |
| 200 Freestyle         | 2:37.17 | 2:34.90         | 370       | 05/12/15 | Rushmoor Royals Last Chance County Qualifier | Aldershot | SE151565 | 3     |
| 400 Freestyle         | 5:32.90 | 5:28.60         | 353       | 05/12/15 | Rushmoor Royals Last Chance County Qualifier | Aldershot | SE151565 | 3     |
| 50 Breaststroke       | 42.53   | 41.80           | 322       | 03/01/16 | BWFSC New Year Meet 2016                     | London    | LR160191 | 3     |
| 100 Breaststroke      | 1:33.48 | 1:32.10         | 322       | 03/01/16 | BWFSC New Year Meet 2016                     | London    | LR160191 | 3     |
| 50 Butterfly          | 36.14   | 35.60           | 308       | 06/02/16 | Essex Age Group Championships 2016           | London    | ER160003 | 1     |
| 100 Butterfly         | 1:24.16 | 1:23.30         | 286       | 03/01/16 | BWFSC New Year Meet 2016                     | London    | LR160191 | 3     |
| 200 Butterfly         | 3:17.04 | 3:15.40         | 236       | 05/12/15 | Rushmoor Royals Last Chance County Qualifier | Aldershot | SE151565 | 3     |
| 50 Backstroke         | 37.46   | 36.90           | 368       | 03/01/16 | BWFSC New Year Meet 2016                     | London    | LR160191 | 3     |
| 100 Backstroke        | 1:22.79 | 1:21.80         | 332       | 23/01/16 | Essex Age Group Championships 2016           | Basildon  | ER160002 | 1     |
| 200 Backstroke        | 2:55.58 | 2:53.70         | 344       | 05/12/15 | Rushmoor Royals Last Chance County Qualifier | Aldershot | SE151565 | 3     |
| 200 Individual Medley | 3:04.45 | 3:02.30         | 319       | 20/07/14 | Basildon & Phoenix End of Season Meet        | Basildon  | ER4489   | 3     |

## Short Course

| Stroke                | SC Time  | Converted to LC | SC WA Pts | Date     | Meet  | Venue          | License  | Level |
|-----------------------|----------|-----------------|-----------|----------|---|----------------|----------|-------|
| 50 Freestyle          | 31.33    | 32.00           | 392       | 20/12/15 | LBRSC Last Chance County Qualifying Meet 2015 | Fullwell Cross | LR150757 | 3     |
| 100 Freestyle         | 1:07.50  | 1:08.70         | 412       | 04/10/15 | LBRSC Early County & Regional Qualifier       | Fullwell Cross | LR150599 | 3     |
| 200 Freestyle         | 2:27.30  | 2:29.60         | 419       | 29/11/15 | Bexley Short Course Open                      | Bexleyheath    | LR150603 | 3     |
| 400 Freestyle         | 5:11.40  | 5:15.90         | 409       | 03/10/15 | LBRSC Early County & Regional Qualifier       | Fullwell Cross | LR150599 | 3     |
| 800 Freestyle         | 14:09.40 | 14:16.20        | 177       | 21/11/12 | London Bourough of Redbridge Club Champs      | Barkingside    | LR2230   | 4     |
| 50 Breaststroke       | 42.01    | 42.80           | 307       | 26/03/16 | LBRSC Last Chance Regional Meet 2016          | Fullwell Cross | LR160131 | 3     |
| 100 Breaststroke      | 1:31.34  | 1:32.70         | 318       | 05/03/16 | Enfield Swim Squad Regional Qualifier         | Enfield        | LR160367 | 3     |
| 200 Breaststroke      | 3:13.47  | 3:16.20         | 336       | 01/10/16 | LBRS Early Chance October Meet                | Ilford         | LR160961 | 3     |
| 50 Butterfly          | 35.18    | 35.70           | 332       | 04/10/15 | LBRSC Early County & Regional Qualifier       | Fullwell Cross | LR150599 | 3     |
| 100 Butterfly         | 1:21.60  | 1:22.50         | 290       | 04/10/15 | LBRSC Early County & Regional Qualifier       | Fullwell Cross | LR150599 | 3     |
| 200 Butterfly         | 3:05.10  | 3:06.80         | 269       | 03/10/15 | LBRSC Early County & Regional Qualifier       | Fullwell Cross | LR150599 | 3     |
| 50 Backstroke         | 36.03    | 36.60           | 344       | 03/10/15 | LBRSC Early County & Regional Qualifier       | Fullwell Cross | LR150599 | 3     |
| 100 Backstroke        | 1:18.89  | 1:19.90         | 336       | 29/11/15 | Bexley Short Course Open                      | Bexleyheath    | LR150603 | 3     |
| 200 Backstroke        | 2:47.02  | 2:49.00         | 361       | 04/10/15 | LBRSC Early County & Regional Qualifier       | Fullwell Cross | LR150599 | 3     |
| 200 Individual Medley | 2:53.07  | 2:55.30         | 349       | 04/10/15 | LBRSC Early County & Regional Qualifier       | Fullwell Cross | LR150599 | 3     |
| 400 Individual Medley | 6:03.97  | 6:08.80         | 360       | 20/12/15 | LBRSC Last Chance County Qualifying Meet 2015 | Fullwell Cross | LR150757 | 3     |
| 100 Individual Medley | 1:20.24  | 1:20.20         | 349       | 03/10/15 | LBRSC Early County & Regional Qualifier       | Fullwell Cross | LR150599 | 3     |