

Individual Best Times (All Time)

Emily Benbow - (1149879) - Merthyr Tydfil Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	39.84	39.30	208	12/07/14	Cardiff Bay Sprint Meet 2014	Cardiff	WAL582	1
50 Breaststroke	53.91	53.30	158	12/07/14	Cardiff Bay Sprint Meet 2014	Cardiff	WAL582	1
50 Butterfly	54.15	53.80	91	12/07/14	Cardiff Bay Sprint Meet 2014	Cardiff	WAL582	1
50 Backstroke	53.48	53.10	126	12/07/14	Cardiff Bay Sprint Meet 2014	Cardiff	WAL582	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	39.99	40.50	188	15/12/13	City of Newport Christmas Cracker	Newport	WAL538	4
100 Freestyle	1:26.33	1:27.30	197	13/09/14	Merthyr Tydfil Club Championships	Rhydycar	WAL586	4
200 Freestyle	3:00.15	3:02.10	229	13/09/14	Merthyr Tydfil Club Championships	Rhydycar	WAL586	4
50 Breaststroke	52.45	53.00	158	20/10/13	Greater Gwent Fast Water Meet Level 4	Newport	WAL525	4
100 Breaststroke	1:57.00	1:58.10	151	13/09/14	Merthyr Tydfil Club Championships	Rhydycar	WAL586	4
50 Butterfly	56.17	56.50	81	15/12/13	City of Newport Christmas Cracker	Newport	WAL538	4
100 Butterfly	2:02.67	2:03.30	85	13/09/14	Merthyr Tydfil Club Championships	Rhydycar	WAL586	4
50 Backstroke	52.90	53.30	108	18/01/14	Celtic Dolphins Junior Development (sprint)	Neath	WAL543	3
100 Backstroke	1:43.17	1:43.90	150	13/09/14	Merthyr Tydfil Club Championships	Rhydycar	WAL586	4
200 Individual Medley	3:44.01	3:45.80	160	13/09/14	Merthyr Tydfil Club Championships	Rhydycar	WAL586	4
100 Individual Medley	1:48.98	1:49.00	139	02/11/13	Neath Open Meet	Neath	WAL530	4