

Individual Best Times (All Time)

Emily Ashton - (1348426) - Pocklington Dolphin SC

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	33.94	34.60	308	02/03/24	Hull and District SA Development Meet 2024	Bridlington	NE240615	4
100 Freestyle	1:17.39	1:18.50	273	04/12/22	Hull & District Christmas Cracker 2022	Beverley	NE221944	3
200 Freestyle	2:47.00	2:49.10	288	10/12/23	York City BC Winter Swim Extravaganza 2023	Leeds	NE231704	3
50 Breaststroke	46.94	47.60	220	02/03/24	Hull and District SA Development Meet 2024	Bridlington	NE240615	4
100 Breaststroke	1:44.87	1:46.10	210	16/09/23	Barracudas Autumn Equinox County Qualifier 2023	Beverley	NE230454	3
50 Butterfly	40.25	40.70	222	17/07/22	Beverley Barracudas SC July Summer Sprints	Beverley	NE220850	3
50 Backstroke	40.81	41.30	236	18/06/23	Barracudas Summer Solstice Sprints Meet 2023	Beverley	NE230455	3
100 Individual Medley	1:30.39	1:30.40	244	17/07/22	Beverley Barracudas SC July Summer Sprints	Beverley	NE220850	3