

Individual Best Times (All Time)

Emily Beighton - (1510922) - Great Yarmouth SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	32.16	31.50	395	18/06/23	Boudicca Level 3 Long Course Open Meet 2023	Norwich	ER230912	3
100 Freestyle	1:11.50	1:10.30	378	29/03/24	City of Norwich Easter Meet 2024	Norwich	ER240267	1
200 Freestyle	2:39.71	2:37.50	352	18/06/23	Boudicca Level 3 Long Course Open Meet 2023	Norwich	ER230912	3
400 Freestyle	5:45.68	5:41.60	315	18/06/23	Boudicca Level 3 Long Course Open Meet 2023	Norwich	ER230912	3
50 Breaststroke	39.40	38.60	405	28/01/24	SE Norfolk County Championships 2024	Norwich	ER240127	1
100 Breaststroke	1:28.17	1:26.70	384	27/01/24	SE Norfolk County Championships 2024	Norwich	ER240127	1
200 Breaststroke	3:37.82	3:35.40	251	06/03/22	City of Norwich SC L3 March LC Open Meet 2022	Norwich	ER220009	3
50 Butterfly	41.16	40.70	209	09/07/23	Co Norwich SC Midsummer Madness Open Meet 2023	Norwich	ER230398	3
100 Butterfly	1:37.81	1:37.00	182	04/02/24	SE Norfolk County Championships 2024	Norwich	ER240128	1
50 Backstroke	40.47	40.00	292	08/07/23	Co Norwich SC Midsummer Madness Open Meet 2023	Norwich	ER230398	3
100 Backstroke	1:29.14	1:28.20	266	17/06/23	Boudicca Level 3 Long Course Open Meet 2023	Norwich	ER230912	3
200 Individual Medley	3:13.30	3:11.20	277	08/07/23	Co Norwich SC Midsummer Madness Open Meet 2023	Norwich	ER230398	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.98	31.60	405	17/03/24	Teamipswich SC The Mighty March Meet 2024	Ipswich	ER240266	3
100 Freestyle	1:09.42	1:10.60	379	17/03/24	Teamipswich SC The Mighty March Meet 2024	Ipswich	ER240266	3
200 Freestyle	2:38.05	2:40.20	339	19/11/23	City of Norwich SC L3 November SC Open Meet 2023	Norwich	ER231215	3
400 Freestyle	5:46.53	5:50.60	297	18/11/23	City of Norwich SC L3 November SC Open Meet 2023	Norwich	ER231215	3
800 Freestyle	11:46.46	11:54.60	308	15/09/23	Co Norwich SC Distance Meet 2023	Norwich	ER230422	3
50 Breaststroke	38.55	39.40	398	19/11/23	City of Norwich SC L3 November SC Open Meet 2023	Norwich	ER231215	3
100 Breaststroke	1:27.83	1:29.30	357	17/03/24	Teamipswich SC The Mighty March Meet 2024	Ipswich	ER240266	3
200 Breaststroke	3:10.24	3:13.00	353	19/11/23	City of Norwich SC L3 November SC Open Meet 2023	Norwich	ER231215	3
50 Butterfly	37.56	38.10	273	02/12/23	Great Yarmouth SC Winter Wipeout Meet 2023	Norwich	ER231744	3
100 Butterfly	1:32.52	1:33.30	199	03/06/23	Swim England Norfolk Inter Club Gala 2023	Norwich	ER230890	2
50 Backstroke	38.18	38.70	289	01/10/23	Dereham and District ASC Icení Open 2023	Dereham	ER230657	3
100 Backstroke	1:23.89	1:24.80	280	30/09/23	Dereham and District ASC Icení Open 2023	Dereham	ER230657	3
200 Backstroke	3:08.62	3:10.40	250	05/11/23	North Norfolk Vikings Club Championships 2023	Victory LC	ER231936	4
200 Individual Medley	2:58.82	3:01.00	316	01/10/23	Dereham and District ASC Icení Open 2023	Dereham	ER230657	3
100 Individual Medley	1:23.51	1:23.50	309	18/11/23	City of Norwich SC L3 November SC Open Meet 2023	Norwich	ER231215	3