

Individual Best Times (All Time)

Emily Auckland - (708794) - Hillingdon Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.10	29.40	482	17/05/14	MCASA Long Course Championships 2014	Surrey	LR4553	1
100 Freestyle	1:08.98	1:07.80	421	26/05/13	City of Sheffield No Frill Meet	Sheffield	NE3172	1
200 Freestyle	2:17.37	2:14.80	554	14/06/14	London Region Age Group Championships	Stratford	LRX408	1
400 Freestyle	4:51.95	4:47.10	524	17/05/14	MCASA Long Course Championships 2014	Surrey	LR4553	1
800 Freestyle	10:04.62	9:55.00	515	31/05/14	City of Sheffield No Frills Meet	Sheffield	NE4315	1
50 Breaststroke	51.66	51.00	179	24/09/11	Hillingdon Autumn Sprint Meet	Hillingdon	LR1334	3
50 Butterfly	31.91	31.30	448	20/02/22	Speedo & BUCS Long Course Swimming Championships	Sheffield	NE220242	1
100 Butterfly	1:07.62	1:06.50	552	07/06/14	London Region Age Group Championships	Stratford	LRX407	1
200 Butterfly	2:29.34	2:27.20	542	08/06/14	London Region Age Group Championships	Stratford	LRX407	1
200 Individual Medley	2:42.10	2:39.60	470	19/07/14	Portsmouth Northsea SC PN End of Season Meet	Portsmouth	SE4226	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.72	30.40	459	07/12/14	London Region Winter Championships	London	LRX425	2
100 Freestyle	1:04.55	1:05.80	471	18/01/15	Middlesex County Championships 2015	Hendon	CC150221	2
200 Freestyle	2:14.53	2:17.10	551	23/11/14	Guildford City County Qualifier Meet	Guildford	SE4829	2
400 Freestyle	4:43.91	4:48.80	540	07/12/14	London Region Winter Championships	London	LRX425	2
800 Freestyle	10:19.56	10:28.80	457	20/04/13	MCASA Spring Development Meet	Southbury	LR3345	3
50 Breaststroke	46.80	47.50	222	25/02/12	Middlesex County Championships	Enfield	CC2082	2
100 Breaststroke	1:45.08	1:46.30	209	16/10/11	Romford Town Open Meet	Enfield	LR1446	3
200 Breaststroke	3:13.26	3:16.00	337	20/10/13	Barnet Copthall 200m Meet	Hendon	LR3737	3
50 Butterfly	31.87	32.50	447	21/12/14	Hillingdon Winter Open Meet 2014	Hillingdon	LR14450	2
100 Butterfly	1:08.58	1:09.70	489	07/12/14	London Region Winter Championships	London	LRX425	2
200 Butterfly	2:29.53	2:31.60	511	07/12/14	London Region Winter Championships	London	LRX425	2
50 Backstroke	43.38	43.80	197	16/10/11	Romford Town Open Meet	Enfield	LR1446	3
100 Backstroke	1:32.37	1:33.20	209	03/12/11	Bracknell & Wokingham SC Level 3 Open Mt	Bracknell	SE1592	3
200 Backstroke	2:45.44	2:47.40	371	20/10/13	Barnet Copthall 200m Meet	Hendon	LR3737	3
200 Individual Medley	2:38.52	2:41.00	454	06/12/14	London Region Winter Championships	London	LRX425	2
400 Individual Medley	5:52.04	5:57.00	397	12/01/13	Cambridge 2013 January Open Meet	Cambridge	ER3043	2
100 Individual Medley	1:22.09	1:22.10	326	15/07/12	Hillingdon SC Summer Meet	Hayes	LR2394	3