

Individual Best Times (All Time)

Emily Bontoft - (776997) - Boston Amateur SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
100 Freestyle	1:26.98	1:26.00	210	18/01/15	Rotherham Metro A & B Grade LC Meet	Sheffield	NE150075	3
200 Freestyle	3:07.59	3:05.70	217	18/01/15	Rotherham Metro A & B Grade LC Meet	Sheffield	NE150075	3
50 Breaststroke	58.36	57.80	124	18/01/15	Rotherham Metro A & B Grade LC Meet	Sheffield	NE150075	3
50 Butterfly	43.41	43.00	178	17/12/16	Northampton Winter Festival	Corby	EM161800	3
50 Backstroke	44.84	44.40	214	17/12/16	Northampton Winter Festival	Corby	EM161800	3
200 Backstroke	3:54.14	3:52.70	145	18/01/14	Rotherham Metro SC A & B Grade LC Meet	Sheffield	NE4046	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	33.19	33.80	329	01/11/20	Boston ASC	Geoff Moulder LC	LEX445	0
100 Freestyle	1:11.98	1:13.10	340	15/06/19	Boston Club Championships 2019	Boston	EM191940	4
200 Freestyle	2:31.97	2:34.20	382	07/03/20	WNSC Open Meet 2020	Kings Lynn	ER200223	3
400 Freestyle	5:47.93	5:52.00	293	17/06/17	BASC Club Championships	Boston	EM171069	4
800 Freestyle	11:33.66	11:42.00	326	01/07/18	BASC Club Championships	Geoff Moulder LC	EM181246	4
1500 Freestyle	22:08.25	22:23.70	319	08/07/18	BASC Club Championships	Geoff Moulder LC	EM181418	4
50 Breaststroke	44.12	44.80	265	04/05/19	South Lincs Competitive 35th Tulip Open Meet	Spalding	EM190547	3
100 Breaststroke	2:00.51	2:01.60	138	04/07/15	Boston Club Championships	Boston	EM151040	4
200 Breaststroke	3:20.97	3:23.60	300	16/06/19	Boston Club Championships 2019	Boston	EM191940	4
50 Butterfly	35.10	35.60	335	09/02/20	Lincolnshire County Championships 2020	Louth	EM200133	2
100 Butterfly	1:16.99	1:18.00	346	02/02/20	Lincolnshire County Championships 2020	Grantham	EM200132	2
200 Butterfly	2:50.50	2:52.30	345	09/02/20	Lincolnshire County Championships 2020	Louth	EM200133	2
50 Backstroke	40.03	40.50	250	01/11/20	Boston ASC	Geoff Moulder LC	LEX445	0
100 Backstroke	1:21.52	1:22.50	305	24/11/19	Boston ASC 15th Open Meet	Grantham	EM192123	3
200 Backstroke	2:47.63	2:49.60	357	08/02/20	Lincolnshire County Championships 2020	Louth	EM200133	2
200 Individual Medley	3:29.50	3:31.40	196	02/11/14	Boston Winter Club Championships	Boston	EM4596	4
400 Individual Medley	7:09.56	7:13.60	219	12/07/15	Boston Club Championships	Boston	EM151041	4
100 Individual Medley	1:23.00	1:23.00	315	15/06/19	Boston Club Championships 2019	Boston	EM191940	4