

Individual Best Times (All Time)

Emily Alderson - (852824) - Team Anglia Masters Swimming Clu

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.44	30.80	423	13/10/13	Northumberland & Durham SA Autumn Meet	Sunderland	NE3822	3
100 Freestyle	1:08.09	1:06.80	437	13/10/13	Northumberland & Durham SA Autumn Meet	Sunderland	NE3822	3
200 Individual Medley	2:58.48	2:56.30	352	13/10/13	Northumberland & Durham SA Autumn Meet	Sunderland	NE3822	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.26	30.90	435	12/10/14	Darlington Danders October Meet	Darlington	NE4496	3
100 Freestyle	1:03.73	1:05.00	490	08/03/15	Derwentside ASC Developmental 2015	Stanley	NE150720	3
200 Freestyle	2:19.80	2:22.30	491	08/03/15	Derwentside ASC Developmental 2015	Stanley	NE150720	3
400 Freestyle	5:10.44	5:14.90	413	09/02/14	Middlesbrough ASC AA Grade 2014	Middlesbrough	NE4012	3
50 Breaststroke	42.57	43.30	295	16/06/13	Scarborough SC SSC A&B Meet 2013	Scarborough	NE3090	3
100 Breaststroke	1:38.46	1:39.70	254	11/02/12	Middlesbrough AA Grade Gala	Middlesbrough	NE2141	4
50 Butterfly	35.00	35.50	337	19/05/13	Wear Valley May Level 3 Meet	Bishop Auckland	NE3184	3
100 Butterfly	1:21.13	1:22.10	295	16/06/13	Scarborough SC SSC A&B Meet 2013	Scarborough	NE3090	3
200 Individual Medley	2:51.80	2:54.10	356	15/06/13	Scarborough SC SSC A&B Meet 2013	Scarborough	NE3090	3
100 Individual Medley	1:19.47	1:19.50	359	16/06/13	Scarborough SC SSC A&B Meet 2013	Scarborough	NE3090	3