

Individual Best Times (All Time)

Amber Ranson - (1139375) - Atlantis Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.06	27.30	595	11/02/24	Lancashire County Championships 2024	Manchester	NW240297	1
100 Freestyle	59.67	58.30	650	01/10/23	COMAST Arena Manchester Winter Regional Qualifier	Manchester	NW231963	3
200 Freestyle	2:08.28	2:05.50	680	17/03/24	City of Manchester International Swim Meet 2024	Manchester	NW240474	1
400 Freestyle	4:49.88	4:45.00	535	10/02/19	SUSSEX COUNTY CHAMPIONSHIPS	Crawley	SE190455	1
800 Freestyle	10:14.19	10:04.70	491	04/02/18	Sussex County Championships & Age Group Comp	Crawley	SE180606	1
50 Breaststroke	40.12	39.30	383	08/02/20	Sussex County ASA Champs and Age Group Comp	Crawley	SE200449	1
100 Breaststroke	1:26.99	1:25.50	400	12/02/17	Sussex County Championships & Age Group Comp	Crawley	SE170353	1
50 Butterfly	33.10	32.50	402	23/02/19	SUSSEX COUNTY CHAMPIONSHIPS	Crawley	SE190456	1
100 Butterfly	1:14.57	1:13.50	411	26/02/17	Sussex County Championships & Age Group Comp	Crawley	SE170354	1
50 Backstroke	29.91	29.20	724	26/03/23	Guildford City L1 Spring Open Meet 2023	Surrey Sports Parl	SE230074	1
100 Backstroke	1:03.81	1:02.50	725	06/08/23	Swim England National Summer Meet 2023	Sheffield	ENG028	1
200 Backstroke	2:23.78	2:21.40	628	12/02/23	Middle East Junior and Open Championships 2023	Hamdan	GBR1912	1
200 Individual Medley	2:34.08	2:31.50	548	12/05/18	Swim England South East Championships 2018	Crawley	SE181207	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.29	28.00	593	13/11/22	Crawley SC Winter National Chaser L2 Meet 2022	Crawley	SE222147	2
100 Freestyle	58.22	59.60	642	05/11/23	SE NW Regional Winter Championships 2023	Manchester	NW231877	2
200 Freestyle	2:08.47	2:11.10	633	04/11/23	SE NW Regional Winter Championships 2023	Manchester	NW231877	2
400 Freestyle	4:40.51	4:45.50	560	20/10/19	Sussex Couny ASA Winter Short Course Competition	Crawley	SE192761	2
800 Freestyle	10:11.77	10:21.20	475	21/01/18	Sussex Seahawks Long Distance Meet	Crowborough	SE180399	4
50 Breaststroke	38.78	39.60	391	24/11/19	Atlantis Christmas Cracker 2019	Horsham	SE190351	3
100 Breaststroke	1:24.16	1:25.60	406	21/10/17	Sussex County ASA Winter Short Competition	Crawley	SE171874	2
200 Breaststroke	3:02.21	3:05.10	402	14/07/19	Atlantis Club Champs 2019	Horsham	SE191921	4
50 Butterfly	31.72	32.30	454	30/10/20	Atlantis Swimming Club	Pavilions in the Par	LEX127	0
100 Butterfly	1:10.55	1:11.60	449	19/06/22	Atlantis SC Club Champs 2022	Horsham	SE221110	4
200 Butterfly	2:39.30	2:41.30	423	14/07/19	Atlantis Club Champs 2019	Horsham	SE191921	4
50 Backstroke	28.87	29.60	669	14/12/23	Swim England Winter Championships 2023	Sheffield	ENG029	2
100 Backstroke	1:01.79	1:03.10	701	17/12/23	Swim England Winter Championships 2023	Sheffield	ENG029	2
200 Backstroke	2:21.26	2:23.60	596	20/11/21	Crawley SC Winter National Qualifier L2 2021	Crawley	SE211250	2
200 Individual Medley	2:28.18	2:30.80	556	08/10/22	National Arena Swim League South Round One	Maidstone	SE222055	3
400 Individual Medley	5:30.96	5:36.20	478	01/07/18	Atlantis Summer Splash 2018	Horsham	SE180678	3
100 Individual Medley	1:05.68	1:05.70	636	17/11/23	BUCS Short Course Swimming Championships 2023	Sheffield	NE232392	2