

Individual Best Times (All Time)

Amelia Ayling - (1198608) - Portsmouth Northsea SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.43	29.70	467	20/04/19	Portsmouth Northsea Easter Meet	Mountbatten SC	SE190069	1
100 Freestyle	1:04.57	1:03.30	513	09/02/20	Hampshire County Championships 2020	Portsmouth	SE200384	1
200 Freestyle	2:10.66	2:08.00	644	08/04/23	Portsmouth Northsea SC Easter Meet 2023	Portsmouth	SE230029	1
400 Freestyle	4:32.73	4:27.50	642	07/08/22	Swim England National Summer Meet 2022	Sheffield	ENG024	1
800 Freestyle	9:29.37	9:19.10	617	01/05/23	SE South East Region Summer Championships 2023	Wycombe	SE230799	1
1500 Freestyle	17:53.02	17:33.60	631	29/04/22	Swim England South East Summer Championships	Wycombe	SE220755	1
50 Breaststroke	45.23	44.50	267	14/07/19	Portsmouth Northsea End of Season Meet 2019	Mountbatten SC	SE191275	3
50 Butterfly	30.58	30.00	509	09/02/20	Hampshire County Championships 2020	Portsmouth	SE200384	1
100 Butterfly	1:08.03	1:06.90	542	07/04/23	Portsmouth Northsea SC Easter Meet 2023	Portsmouth	SE230029	1
200 Butterfly	2:26.82	2:24.70	571	08/08/22	Swim England National Summer Meet 2022	Sheffield	ENG024	1
50 Backstroke	34.45	33.90	473	14/03/20	Millfield & Team Bath AS L1 National Qualifier	Millfield School	SW200510	1
100 Backstroke	1:12.16	1:11.00	501	09/02/20	Hampshire County Championships 2020	Portsmouth	SE200384	1
200 Backstroke	2:31.74	2:29.50	534	08/02/20	Hampshire County Championships 2020	Portsmouth	SE200384	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.56	30.30	466	16/11/19	Super Series Autumn Level 2 Short Course Meet	Hengrove	SW192989	2
100 Freestyle	1:02.73	1:04.00	514	17/11/19	Super Series Autumn Level 2 Short Course Meet	Hengrove	SW192989	2
200 Freestyle	2:10.68	2:13.30	601	16/10/22	Portsmouth Northsea SC 1st Chance County Qualifier	Portsmouth	SE222046	3
400 Freestyle	4:26.35	4:31.60	654	05/11/22	SE South East Regional Winter SC Champs 2022	Winchester	SE222021	2
800 Freestyle	9:09.32	9:19.70	656	06/11/22	SE South East Regional Winter SC Champs 2022	Winchester	SE222021	2
1500 Freestyle	17:34.66	17:54.00	638	03/12/22	National Winter Championships 2022	Sheffield	ENG027	2
50 Breaststroke	43.40	44.10	279	15/09/23	Portsmouth Northsea Medley Champs 2023	Mountbatten Cen	SE231660	4
50 Butterfly	30.77	31.40	497	17/11/19	Super Series Autumn Level 2 Short Course Meet	Hengrove	SW192989	2
100 Butterfly	1:05.09	1:06.20	572	10/12/22	National Arena Swimming League South 2022 - R3	Burgess Hill	SE222474	3
200 Butterfly	2:24.75	2:26.90	564	16/10/22	Portsmouth Northsea SC 1st Chance County Qualifier	Portsmouth	SE222046	3
50 Backstroke	33.29	33.90	436	15/09/23	Portsmouth Northsea Medley Champs 2023	Mountbatten Cen	SE231660	4
100 Backstroke	1:09.89	1:11.00	484	16/11/19	Super Series Autumn Level 2 Short Course Meet	Hengrove	SW192989	2
200 Backstroke	2:24.34	2:26.60	559	05/11/23	SE South East Regional Winter Championships 2023	Winchester	SE232053	2
200 Individual Medley	2:34.63	2:37.20	489	09/10/21	National Arena Swimming League South Round One	Woking	SE210727	3
100 Individual Medley	1:20.56	1:20.60	345	10/12/17	COSSC 8th Christmas Open Meet	Southampton	SE171158	3