

Individual Best Times (All Time)

Amelie Harrison - (1209368) - Stowmarket SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.82	30.10	449	23/06/24	Norwich Swan & West Norfolk Boudicca L3 Open Meet	Norwich	ER241058	3
100 Freestyle	1:06.41	1:05.10	472	22/06/24	Norwich Swan & West Norfolk Boudicca L3 Open Meet	Norwich	ER241058	3
200 Freestyle	2:24.49	2:22.10	476	23/06/24	Norwich Swan & West Norfolk Boudicca L3 Open Meet	Norwich	ER241058	3
400 Freestyle	5:07.61	5:03.00	448	23/06/24	Norwich Swan & West Norfolk Boudicca L3 Open Meet	Norwich	ER241058	3
800 Freestyle	10:49.79	10:40.80	415	13/01/24	Swim England Suffolk County Championships	Norwich	ER240249	1
1500 Freestyle	21:36.25	21:20.20	358	14/01/24	Swim England Suffolk County Championships	Norwich	ER240249	1
50 Breaststroke	41.46	40.70	347	22/06/24	Norwich Swan & West Norfolk Boudicca L3 Open Meet	Norwich	ER241058	3
50 Butterfly	33.70	33.10	380	22/06/24	Norwich Swan & West Norfolk Boudicca L3 Open Meet	Norwich	ER241058	3
100 Butterfly	1:25.72	1:24.80	271	23/06/24	Norwich Swan & West Norfolk Boudicca L3 Open Meet	Norwich	ER241058	3
50 Backstroke	36.90	36.40	385	08/07/23	Co Norwich SC Midsummer Madness Open Meet 2023	Norwich	ER230398	3
200 Backstroke	3:06.88	3:05.10	286	02/03/24	City of Norwich March LC Open Meet 2024	Norwich	ER240009	3
200 Individual Medley	2:45.80	2:43.40	440	22/06/24	Norwich Swan & West Norfolk Boudicca L3 Open Meet	Norwich	ER241058	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.27	31.00	434	17/03/24	Teamipswich SC The Mighty March Meet 2024	Ipswich	ER240266	3
100 Freestyle	1:04.82	1:06.10	465	08/06/24	Stowmarket Sprint into Summer 2024	Stowmarket	ER240677	3
200 Freestyle	2:26.26	2:28.60	429	16/03/24	Teamipswich SC The Mighty March Meet 2024	Ipswich	ER240266	3
400 Freestyle	5:18.54	5:22.90	382	15/09/23	Stowmarket SC Club Championships 2023	Stowmarket	ER231904	4
800 Freestyle	10:43.53	10:52.50	408	25/11/23	SE Suffolk County Long Distance Qualifier A 2023	Southwold	ER232126	4
1500 Freestyle	20:53.98	21:10.40	379	26/11/23	SE Suffolk County Long Distance Qualifier A 2023	Southwold	ER232126	4
50 Breaststroke	42.69	43.40	293	13/11/22	Deben Woodbridge SC Remembrance Meet 2022	Ipswich	ER221468	3
100 Breaststroke	1:32.18	1:33.50	309	08/06/24	Stowmarket Sprint into Summer 2024	Stowmarket	ER240677	3
200 Breaststroke	3:27.33	3:29.90	273	16/09/23	Stowmarket SC Club Championships 2023	Stowmarket	ER231904	4
50 Butterfly	33.89	34.40	372	08/06/24	Stowmarket Sprint into Summer 2024	Stowmarket	ER240677	3
100 Butterfly	1:19.58	1:20.50	313	17/03/24	Teamipswich SC The Mighty March Meet 2024	Ipswich	ER240266	3
200 Butterfly	3:14.65	3:16.30	232	08/10/23	David Robinson Suffolk Development Meet 2023	Ipswich	ER231795	3
50 Backstroke	36.68	37.20	326	08/06/24	Stowmarket Sprint into Summer 2024	Stowmarket	ER240677	3
100 Backstroke	1:20.58	1:21.60	316	08/06/24	Stowmarket Sprint into Summer 2024	Stowmarket	ER240677	3
200 Backstroke	2:50.51	2:52.50	339	17/09/23	Stowmarket SC Club Championships 2023	Stowmarket	ER231904	4
200 Individual Medley	2:47.61	2:49.90	384	16/12/23	Stowmarket SC No Frills Meet 2023	Mid Suffolk	ER232289	3
400 Individual Medley	6:12.08	6:16.80	337	18/09/23	Stowmarket SC Club Championships 2023	Stowmarket	ER231905	4
100 Individual Medley	1:17.96	1:18.00	380	08/06/24	Stowmarket Sprint into Summer 2024	Stowmarket	ER240677	3