

# Individual Best Times (All Time)

Amy Choularton - (1383432) - City of Manchester Aquatics

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	32.63	32.00	378	04/05/24	SENW Regional Summer Championships 2024	Manchester	NW240306	1
100 Freestyle	1:10.61	1:09.40	392	28/01/24	Lancashire County Championships 2024	Manchester	NW240296	1
200 Freestyle	2:33.11	2:30.80	400	18/05/24	Rotherham Metro Springtime Long Course Meet 2024	Sheffield	NE240230	3
400 Freestyle	6:11.97	6:08.20	253	24/04/22	SE North West Summer Regional Swimming Champs	Liverpool	NW220369	1
50 Breaststroke	48.65	48.00	215	09/03/24	Sandwell Aquatics Club Spring LC Open Meet 2024	Smethwick	WM240271	3
100 Breaststroke	1:44.26	1:43.00	232	30/09/23	COMAST Arena Manchester Winter Regional Qualifier	Manchester	NW231963	3
50 Butterfly	37.71	37.20	271	10/03/24	Sandwell Aquatics Club Spring LC Open Meet 2024	Smethwick	WM240271	3
100 Butterfly	1:24.85	1:23.90	279	27/01/24	Lancashire County Championships 2024	Manchester	NW240296	1
50 Backstroke	39.68	39.20	310	10/06/23	Arena Manchester Summer Open 2023	Manchester	NW231332	3
100 Backstroke	1:24.66	1:23.70	310	11/02/24	Lancashire County Championships 2024	Manchester	NW240297	1
200 Backstroke	3:03.65	3:01.80	301	21/01/24	Derby Excel New Year Meet 2024	Sheffield	EM240047	1
200 Individual Medley	2:56.68	2:54.40	363	27/04/24	SENW Regional Summer Championships 2024	Manchester	NW240305	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	32.78	33.40	342	23/09/23	SENW & SENE Para Swimming Championships 2023	Manchester	NW231620	3
100 Freestyle	1:08.73	1:09.90	390	23/09/23	SENW & SENE Para Swimming Championships 2023	Manchester	NW231620	3
200 Freestyle	2:28.24	2:30.60	412	09/06/24	British Junior Para Swimming Chmapionships	Coventry	DIS144	2
400 Freestyle	5:21.06	5:25.40	373	17/12/23	Arena Manchester Snowpen 2023	Manchester	NW232517	3
50 Breaststroke	46.66	47.30	224	15/10/23	Matlock And District SC Autumn Open Meet 2023	Matlock	EM231565	3
100 Breaststroke	1:41.09	1:42.30	234	02/07/23	Rotherham Metro A & B Grade SC Meet 2023	Sheffield	NE230499	3
50 Butterfly	37.48	38.00	275	21/04/24	Harrogate Spa Town Meet 2024	Harrogate	NE240418	3
100 Butterfly	1:22.61	1:23.50	280	09/06/24	British Junior Para Swimming Chmapionships	Coventry	DIS144	2
50 Backstroke	38.34	38.90	285	03/03/24	Burnley Bobcats 2024	Darwen	NW240098	3
100 Backstroke	1:21.66	1:22.60	303	23/09/23	SENW & SENE Para Swimming Championships 2023	Manchester	NW231620	3
200 Backstroke	2:47.62	2:49.60	357	16/09/23	Derby Excel September Season Opener Meet 2023	Derby	EM231439	2
200 Individual Medley	2:52.03	2:54.30	355	08/06/24	British Junior Para Swimming Chmapionships	Coventry	DIS144	2
400 Individual Medley	6:10.47	6:15.20	341	02/07/23	Rotherham Metro A & B Grade SC Meet 2023	Sheffield	NE230499	3
100 Individual Medley	1:22.13	1:22.10	325	21/04/24	Harrogate Spa Town Meet 2024	Harrogate	NE240418	3