

Individual Best Times (All Time)

Amelia Ashton - (1388500) - Sevenoaks SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.86	31.20	406	15/06/24	Crawley Summer Splash L3 Gala 2024	Crawley	SE241040	3
100 Freestyle	1:09.15	1:07.90	418	15/06/24	Crawley Summer Splash L3 Gala 2024	Crawley	SE241040	3
50 Breaststroke	37.92	37.10	454	10/03/24	City of Sheffield SS Premier Open Meet 2024	Sheffield	NE240033	1
100 Breaststroke	1:21.19	1:19.60	492	26/05/24	AP Race International 2024	London	GBR2389	1
200 Breaststroke	2:53.30	2:50.20	500	09/03/24	Kent County Championships 2024	Stratford	LR240211	1
50 Backstroke	35.25	34.70	442	11/02/24	Kent County Championships 2024	Stratford	LR240210	1
100 Backstroke	1:16.91	1:15.90	414	15/06/24	Crawley Summer Splash L3 Gala 2024	Crawley	SE241040	3
200 Backstroke	2:46.27	2:44.30	406	12/05/24	Romford Last Chance L1 National Qualifier Meet 24	Crawley	LR240632	1
200 Individual Medley	2:47.74	2:45.40	425	11/02/23	Kent Swimming Championships 2023	Stratford	LR230203	1
400 Individual Medley	6:06.08	6:01.20	383	12/02/23	Kent Swimming Championships 2023	Stratford	LR230203	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.83	31.50	411	16/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
100 Freestyle	1:05.55	1:06.80	450	17/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
200 Freestyle	2:29.44	2:31.70	402	30/09/23	Sevenoaks SC Club Champs 2023	Sevenoaks	SE231692	4
400 Freestyle	5:17.81	5:22.20	385	01/10/23	Sevenoaks SC Club Champs 2023	Sevenoaks	SE231692	4
800 Freestyle	10:49.25	10:58.10	397	09/10/23	Sevenoaks SC Club Champs 2023	Sevenoaks	SE231694	4
1500 Freestyle	20:03.35	20:20.40	429	18/10/23	Sevenoaks SC Club Champs 2023	Sevenoaks	SE231693	4
50 Breaststroke	36.88	37.70	455	16/12/23	Bromley SC Christmas Gold Meet 2023	Crawley	LR232497	3
100 Breaststroke	1:19.67	1:21.20	479	16/12/23	Bromley SC Christmas Gold Meet 2023	Crawley	LR232497	3
200 Breaststroke	2:51.64	2:54.70	481	17/12/23	Bromley SC Christmas Gold Meet 2023	Crawley	LR232497	3
50 Butterfly	35.04	35.60	336	16/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
100 Butterfly	1:30.69	1:31.50	211	18/12/22	Sevenoaks SC Schools out for Santa Meet 2022	Sevenoaks	SE222362	3
50 Backstroke	34.59	35.20	388	17/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
100 Backstroke	1:14.91	1:16.00	393	16/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
200 Backstroke	2:42.14	2:44.20	394	07/10/23	Winchester City Penguins Winter Autumn Qualifier	Winchester	SE231502	2
200 Individual Medley	2:37.60	2:40.10	462	17/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
400 Individual Medley	5:57.85	6:02.70	378	29/09/23	Sevenoaks SC Club Champs 2023	Sevenoaks	SE231692	4
100 Individual Medley	1:20.55	1:20.60	345	20/11/22	Guildford City SC Level 2 Winter Open	Guildford	SE220865	2