

Individual Best Times (All Time)

Amelia Cole - (1460691) - Scunthorpe Anchor SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	33.42	32.80	352	22/04/23	Stocksbridge Pentaqua Spring Open Meet 2023	Sheffield	NE230163	3
100 Freestyle	1:11.20	1:10.00	383	02/06/24	Tadcaster York Sport Swim Squad Summer LC Blast	Leeds	NE240493	3
200 Freestyle	2:38.82	2:36.60	358	02/06/24	Tadcaster York Sport Swim Squad Summer LC Blast	Leeds	NE240493	3
50 Breaststroke	44.92	44.20	273	11/12/21	Bo of Barnsley SC Christmas Sprints	Sheffield	NE210579	3
50 Butterfly	40.32	39.80	222	11/12/21	Bo of Barnsley SC Christmas Sprints	Sheffield	NE210579	3
50 Backstroke	41.13	40.60	278	22/04/23	Stocksbridge Pentaqua Spring Open Meet 2023	Sheffield	NE230163	3
100 Backstroke	1:26.43	1:25.50	291	02/06/24	Tadcaster York Sport Swim Squad Summer LC Blast	Leeds	NE240493	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.72	32.40	377	08/06/24	Scunthorpe Anchor Club Sprints 2024	Scunthorpe	NE241391	4
100 Freestyle	1:09.96	1:11.10	370	17/11/22	Scunthorpe Anchor Amateur Club Championships 2022	Ridding Pool	NE221876	4
200 Freestyle	2:39.67	2:41.80	329	25/11/22	Scunthorpe Anchor Amateur Club Championships 2022	Ridding Pool	NE221877	4
400 Freestyle	5:37.73	5:41.90	321	27/10/22	Scunthorpe Anchor Amateur Club Championships 2022	Ridding Pool	NE221874	4
800 Freestyle	11:41.34	11:49.60	315	17/11/23	Scunthorpe Anchor Club Championships 2023	Ridding Pool	NE232242	4
50 Breaststroke	43.23	44.00	282	08/06/24	Scunthorpe Anchor Club Sprints 2024	Scunthorpe	NE241391	4
100 Breaststroke	1:31.73	1:33.10	314	08/07/23	Bridlington ASC Seaside Special 2023	Bridlington	NE230762	3
200 Breaststroke	3:25.29	3:27.90	281	09/07/22	Bridlington SC Seaside Special	Bridlington	NE220596	3
50 Butterfly	37.84	38.30	267	08/06/24	Scunthorpe Anchor Club Sprints 2024	Scunthorpe	NE241391	4
100 Butterfly	1:32.74	1:33.60	197	18/09/22	Beverley Barracudas County Qualifier	Beverley	NE220512	3
200 Butterfly	3:33.86	3:35.30	174	27/11/21	Scunthorpe Anchor SC Club Championships 2021	Scunthorpe	NE211101	4
50 Backstroke	38.33	38.90	285	17/03/24	Beverley Barracudas Spring Equinox Meet 2024	Beverley	NE240513	3
100 Backstroke	1:23.57	1:24.50	283	17/03/24	Beverley Barracudas Spring Equinox Meet 2024	Beverley	NE240513	3
200 Backstroke	2:57.61	2:59.50	300	25/11/22	Scunthorpe Anchor Amateur Club Championships 2022	Ridding Pool	NE221877	4
200 Individual Medley	2:59.36	3:01.60	313	20/03/22	Beverley Barracudas Spring Equinox Extravaganza	Beverley	NE220347	3
400 Individual Medley	6:42.85	6:47.20	265	18/11/21	Scunthorpe Anchor SC Club Championships 2021	Scunthorpe	NE211100	4
100 Individual Medley	1:23.19	1:23.20	313	29/10/23	Beverley Barracudas SC Halloween Meet 2023	Beverley	NE231260	3