

Individual Best Times (All Time)

Amelia Wetherell - (1475585) - Harlow Penguin SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	32.13	31.50	396	03/04/22	SE East Region Development Competition 2022	Norwich	ER220676	1
100 Freestyle	1:09.57	1:08.40	410	09/03/24	Putteridge SC Spring LC National Qualifier 2024	Luton	ER240200	1
50 Breaststroke	1:03.35	1:02.80	97	07/03/20	HSC FINIS Frantic Fifties	Luton	ER200372	3
50 Butterfly	37.25	36.70	282	03/04/22	SE East Region Development Competition 2022	Norwich	ER220676	1
50 Backstroke	36.83	36.30	387	25/02/24	2024 Essex County Age Group Championships	London	ER240055	1
200 Backstroke	2:52.24	2:50.30	365	09/03/24	Putteridge SC Spring LC National Qualifier 2024	Luton	ER240200	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.33	31.00	432	03/06/23	Harlow Penguins 2023 10th Eric Shepherd Open Meet	Harlow	ER230775	3
100 Freestyle	1:05.54	1:06.80	450	03/06/23	Harlow Penguins 2023 10th Eric Shepherd Open Meet	Harlow	ER230775	3
200 Freestyle	2:20.85	2:23.30	480	03/06/23	Harlow Penguins 2023 10th Eric Shepherd Open Meet	Harlow	ER230775	3
400 Freestyle	5:18.34	5:22.70	383	16/04/22	Colchester SC Last Chance Regional Qualifier	Braintree	ER220509	3
50 Breaststroke	45.47	46.20	242	16/10/22	Essex Winter Championships 2022	Basildon	ER221475	2
100 Breaststroke	1:41.90	1:43.10	229	17/12/22	Harlow Penguins County Age Group Qualifying Meet	Harlow	ER221785	3
200 Breaststroke	3:34.97	3:37.40	245	02/07/22	Putteridge End of Season Summer Short Course Open	Luton	ER220680	3
50 Butterfly	34.06	34.60	366	15/06/24	Harlow Penguins 11th Eric Shepherd Meet 2024	Harlow	ER240914	3
100 Butterfly	1:19.07	1:20.00	319	01/04/23	Basildon & Phoenix SC Easter Meet 2023	Basildon	ER230462	3
50 Backstroke	35.04	35.60	374	03/06/23	Harlow Penguins 2023 10th Eric Shepherd Open Meet	Harlow	ER230775	3
100 Backstroke	1:14.98	1:16.00	392	25/03/23	Hatfield SC Regional Qualifier 2023	Hatfield	ER230287	3
200 Backstroke	2:40.58	2:42.60	406	26/03/23	Hatfield SC Regional Qualifier 2023	Hatfield	ER230287	3
200 Individual Medley	2:53.95	2:56.20	343	19/11/23	Hitchin SC Open 2023	Borehamwood	ER230914	3
100 Individual Medley	1:22.36	1:22.40	323	09/07/22	Romford Town SC End of Season Meet July 2022	Essex	LR220859	3