

Individual Best Times (All Time)

Amelia Barrow - (1499150) - Tewkesbury SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	32.68	32.00	377	13/01/24	Gloucester County ASA Swimming Championships 2024	Bristol	SW240061	1
100 Freestyle	1:13.59	1:12.40	346	15/01/24	Gloucester County ASA Swimming Championships 2024	Bristol	SW240062	1
200 Freestyle	2:38.37	2:36.20	361	07/04/24	City of Bristol L1 International Open Meet 2024	Bristol	SW240226	1
800 Freestyle	11:19.49	11:10.90	363	15/01/24	Gloucester County ASA Swimming Championships 2024	Bristol	SW240062	1
50 Breaststroke	46.02	45.30	254	15/01/24	Gloucester County ASA Swimming Championships 2024	Bristol	SW240062	1
100 Breaststroke	1:43.34	1:42.10	238	13/01/24	Gloucester County ASA Swimming Championships 2024	Bristol	SW240061	1
50 Butterfly	41.04	40.60	210	13/01/24	Gloucester County ASA Swimming Championships 2024	Bristol	SW240061	1
50 Backstroke	37.89	37.40	356	07/04/24	City of Bristol L1 International Open Meet 2024	Bristol	SW240226	1
200 Backstroke	2:55.36	2:53.40	346	07/04/24	City of Bristol L1 International Open Meet 2024	Bristol	SW240226	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.33	32.00	392	24/09/23	Gloucester City SC Autumn Level 3 Sprint Meet 2023	Gloucester	SW231616	3
100 Freestyle	1:11.90	1:13.10	341	28/05/23	Southwold ASC May L3 Meet 2023	Gloucester	SW230625	3
200 Freestyle	2:30.19	2:32.50	396	22/10/23	Gloucester City SC Autumn L2 Open Meet 2023	Gloucester	SW231829	2
400 Freestyle	5:34.95	5:39.10	329	18/11/23	Cheltenham S&WPC Combined Club Winter Champs 2023	Cheltenham	SW231934	4
800 Freestyle	11:29.03	11:37.40	332	20/10/23	Gloucester City SC Autumn L3 Distance Meet 2023	Gloucester	SW231828	3
50 Breaststroke	44.31	45.00	262	25/06/23	Cheltenham Summer Sprints Low L4 Club Champs 2023	Cheltenham	SW230778	4
100 Breaststroke	1:35.55	1:36.90	277	19/11/23	Cheltenham S&WPC Combined Club Winter Champs 2023	Cheltenham	SW231934	4
50 Butterfly	37.48	38.00	275	19/11/23	Cheltenham S&WPC Combined Club Winter Champs 2023	Cheltenham	SW231934	4
100 Butterfly	1:29.50	1:30.30	220	19/11/23	Cheltenham S&WPC Combined Club Winter Champs 2023	Cheltenham	SW231934	4
50 Backstroke	37.61	38.10	302	25/06/23	Cheltenham Summer Sprints Low L4 Club Champs 2023	Cheltenham	SW230778	4
100 Backstroke	1:20.15	1:21.10	321	17/03/24	Gloucester City SC Spring L3 Open Meet	Gloucester	SW240365	3
200 Backstroke	2:53.19	2:55.10	323	18/11/23	Cheltenham S&WPC Combined Club Winter Champs 2023	Cheltenham	SW231934	4
200 Individual Medley	2:52.49	2:54.80	352	16/03/24	Gloucester City SC Spring L3 Open Meet	Gloucester	SW240365	3
100 Individual Medley	1:20.80	1:20.80	342	24/09/23	Gloucester City SC Autumn Level 3 Sprint Meet 2023	Gloucester	SW231616	3