

Individual Best Times (All Time)

Amelia Ehouman - (1519825) - Bolton SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.33	30.70	427	11/02/24	Lancashire County Championships 2024	Manchester	NW240297	1
100 Freestyle	1:09.36	1:08.10	414	28/01/24	Lancashire County Championships 2024	Manchester	NW240296	1
200 Freestyle	2:35.99	2:33.70	378	28/04/24	SENW Regional Summer Championships 2024	Manchester	NW240305	1
50 Breaststroke	43.30	42.60	305	27/01/24	Lancashire County Championships 2024	Manchester	NW240296	1
100 Breaststroke	1:36.50	1:35.20	293	28/04/24	SENW Regional Summer Championships 2024	Manchester	NW240305	1
50 Butterfly	36.97	36.50	288	11/05/24	ARENA Manchester Open Meet 2024	Manchester	NW240840	1
200 Individual Medley	3:03.02	3:00.80	327	28/01/24	Lancashire County Championships 2024	Manchester	NW240296	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.24	31.90	395	23/03/24	BCM SWPA Spring Meet 2024	Wigan	NW240300	3
100 Freestyle	1:11.89	1:13.00	341	03/12/23	Bolton Metro SS Christmas Countdown 2023	Bolton	NW232353	3
200 Freestyle	2:34.12	2:36.40	366	24/03/24	BCM SWPA Spring Meet 2024	Wigan	NW240300	3
400 Freestyle	5:31.96	5:36.20	338	22/06/24	Wigan Best Future Stars June Meet 2024	Wigan	NW240734	3
50 Breaststroke	43.42	44.10	278	24/03/24	BCM SWPA Spring Meet 2024	Wigan	NW240300	3
100 Breaststroke	1:33.10	1:34.40	300	23/03/24	BCM SWPA Spring Meet 2024	Wigan	NW240300	3
50 Butterfly	36.00	36.50	310	24/03/24	BCM SWPA Spring Meet 2024	Wigan	NW240300	3
100 Butterfly	1:24.63	1:25.50	260	23/06/24	Wigan Best Future Stars June Meet 2024	Wigan	NW240734	3
50 Backstroke	39.26	39.80	266	15/07/23	City of Salford Summer Spectacular Meet 2023	Broughton	NW230231	3
100 Backstroke	1:25.96	1:26.90	260	02/12/23	Bolton Metro SS Christmas Countdown 2023	Bolton	NW232353	3
200 Backstroke	3:05.17	3:07.00	265	06/01/24	Bobcats 'Last Chance County Qualifier' 2024	Darwen	NW240046	3
200 Individual Medley	2:55.77	2:58.00	333	23/03/24	BCM SWPA Spring Meet 2024	Wigan	NW240300	3
400 Individual Medley	6:40.30	6:44.70	270	07/01/24	Bobcats 'Last Chance County Qualifier' 2024	Darwen	NW240046	3
100 Individual Medley	1:24.23	1:24.20	301	08/10/23	Bolton & Central Manchester S&WPA Autumn Meet 2023	Wigan	NW231622	3