

Individual Best Times (All Time)

Amelia Tucke - (1649271) - London Borough of Redbridge SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
100 Freestyle	1:07.02	1:05.80	459	04/05/24	SE London Region Summer Championships 2024	London	LR240711	1
400 Freestyle	5:14.48	5:10.00	419	14/01/24	2024 Essex County Age Group Championships	London	ER240054	1
800 Freestyle	10:52.78	10:43.90	409	12/01/24	2024 Essex County Age Group Championships	London	ER240054	1
100 Backstroke	1:18.44	1:17.40	390	13/01/24	2024 Essex County Age Group Championships	London	ER240054	1
200 Backstroke	2:49.96	2:48.00	380	13/01/24	2024 Essex County Age Group Championships	London	ER240054	1
400 Individual Medley	6:01.14	5:56.20	399	24/02/24	2024 Essex County Age Group Championships	London	ER240055	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.94	30.60	449	16/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
100 Freestyle	1:05.61	1:06.90	449	17/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
200 Freestyle	2:24.17	2:26.60	447	16/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
400 Freestyle	5:06.60	5:11.10	429	17/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
800 Freestyle	10:44.79	10:53.70	405	25/11/23	Basildon & Phoenix 800m County/Regional Qualifier	Basildon	ER232297	3
50 Breaststroke	40.01	40.80	356	02/12/23	NUEL SC Late County Qualifier Open Meet 2023	Stratford	LR231002	3
100 Breaststroke	1:30.29	1:31.70	329	01/10/23	Romford Town SC Autumn Season Opener Meet 2023	Romford	LR231604	3
200 Breaststroke	3:28.25	3:30.80	269	26/02/23	Essex Age Group County Championships 2023	Basildon	ER230023	2
50 Butterfly	35.26	35.80	330	03/12/23	NUEL SC Late County Qualifier Open Meet 2023	Stratford	LR231002	3
100 Butterfly	1:19.99	1:20.90	308	02/12/23	NUEL SC Late County Qualifier Open Meet 2023	Stratford	LR231002	3
50 Backstroke	36.27	36.80	337	02/12/23	NUEL SC Late County Qualifier Open Meet 2023	Stratford	LR231002	3
100 Backstroke	1:15.76	1:16.80	380	03/12/23	NUEL SC Late County Qualifier Open Meet 2023	Stratford	LR231002	3
200 Backstroke	2:44.71	2:46.70	376	17/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
200 Individual Medley	2:47.41	2:49.80	385	17/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
400 Individual Medley	5:55.65	6:00.60	385	16/12/23	Romford Town SC Christmas Cracker Meet 2023	Harrow Lodge LC	LR231413	3
100 Individual Medley	1:18.35	1:18.30	375	30/09/23	Romford Town SC Autumn Season Opener Meet 2023	Romford	LR231604	3