

Individual Best Times (All Time)

Zoe-May Ambler - (1670962) - Eastbourne SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	38.66	38.10	227	23/09/23	Crawley SC Lis Hartley Open Meet L3 2023	Crawley	SE231515	3
50 Butterfly	44.55	44.10	164	23/09/23	Crawley SC Lis Hartley Open Meet L3 2023	Crawley	SE231515	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	36.28	36.90	252	26/05/24	Arun Tridents SC Vanessa Knight Meet 2024	Bognor Regis	SE240530	3
100 Freestyle	1:20.38	1:21.40	244	03/03/24	Atlantis March Madness Sprint Meet 2024	Horsham	SE240015	3
50 Breaststroke	49.81	50.40	184	16/03/24	Eastbourne SC Club Championships	Eastbourne	SE240336	4
100 Breaststroke	1:49.80	1:50.90	183	03/03/24	Atlantis March Madness Sprint Meet 2024	Horsham	SE240015	3
50 Butterfly	39.56	40.00	234	16/03/24	Eastbourne SC Club Championships	Eastbourne	SE240336	4
100 Butterfly	1:34.83	1:35.60	185	03/03/24	Atlantis March Madness Sprint Meet 2024	Horsham	SE240015	3
50 Backstroke	43.28	43.70	198	16/03/24	Eastbourne SC Club Championships	Eastbourne	SE240336	4
200 Individual Medley	3:40.10	3:41.90	169	17/06/23	Eastbourne SC 2023 Club Championships	Eastbourne	SE230504	4
100 Individual Medley	1:34.48	1:34.50	213	26/05/24	Arun Tridents SC Vanessa Knight Meet 2024	Bognor Regis	SE240530	3