

Individual Best Times (All Time)

Amy Morrow - (186776) - Tynemouth SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	34.35	33.70	324	03/07/11	City of Sunderland ASC Summer Splash	Sunderland	NE1432	3
100 Freestyle	1:15.97	1:14.90	315	05/01/13	City of Sunderland New Year Meet	Sunderland	NE3092	3
200 Freestyle	2:45.58	2:43.50	316	03/07/11	City of Sunderland ASC Summer Splash	Sunderland	NE1432	3
50 Breaststroke	44.15	43.40	288	08/07/12	City of Sunderland Summer Splash	Sunderland	NE2187	3
100 Breaststroke	1:35.75	1:34.40	300	06/01/13	City of Sunderland New Year Meet	Sunderland	NE3092	3
200 Breaststroke	3:26.62	3:24.00	295	02/07/11	City of Sunderland ASC Summer Splash	Sunderland	NE1432	3
50 Butterfly	38.42	37.90	257	02/07/11	City of Sunderland ASC Summer Splash	Sunderland	NE1432	3
50 Backstroke	43.55	43.10	234	27/11/10	Co Sunderland Winter Meet	Sunderland	NE0844	1
100 Backstroke	1:28.46	1:27.50	272	08/07/12	City of Sunderland Summer Splash	Sunderland	NE2187	3
200 Backstroke	3:09.84	3:08.10	272	02/07/11	City of Sunderland ASC Summer Splash	Sunderland	NE1432	3
200 Individual Medley	3:03.93	3:01.80	322	02/07/11	City of Sunderland ASC Summer Splash	Sunderland	NE1432	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	32.55	33.20	349	29/03/15	North Tyneside Mad March Hare Extravaganza	Stanley	NE150372	3
100 Freestyle	1:10.28	1:11.50	365	06/07/14	Newcastle Swim Team 1st Summer Gala	Newcastle	NE4685	3
200 Freestyle	2:36.77	2:39.00	348	06/07/13	Newburn ASC 7th Annual Summer Gala	Tynemouth	NE3544	3
400 Freestyle	5:34.68	5:38.90	330	10/11/12	Tynemouth Club Championships	Tynemouth	NE2671	4
800 Freestyle	11:40.28	11:48.50	316	09/12/11	Tynemouth ASC Time Trials & Club Champs	Tynemouth	NE1651	4
50 Breaststroke	41.49	42.20	319	12/02/13	Tynemouth ASC Time Trials	Tynemouth	NE3058	4
100 Breaststroke	1:29.17	1:30.60	342	13/12/14	Tynemouth Club Championships	Tynemouth	NE14593	4
200 Breaststroke	3:13.26	3:16.00	337	27/04/13	Chester Le Street Open Meet	Stanley	NE3317	3
50 Butterfly	35.78	36.30	316	28/03/15	North Tyneside Mad March Hare Extravaganza	Stanley	NE150372	3
100 Butterfly	1:21.60	1:22.50	290	19/04/15	South Tyneside ASC Spring Meet	South Shields	NE150616	3
200 Butterfly	3:16.18	3:17.80	226	30/09/12	Tynemouth Club Championships	Tynemouth	NE2671	4
50 Backstroke	38.09	38.60	291	19/04/15	South Tyneside ASC Spring Meet	South Shields	NE150616	3
100 Backstroke	1:22.75	1:23.70	291	13/12/14	Tynemouth Club Championships	Tynemouth	NE14593	4
200 Backstroke	2:54.53	2:56.40	316	28/04/13	Chester Le Street Open Meet	Stanley	NE3317	3
200 Individual Medley	2:53.51	2:55.80	346	06/07/13	Newburn ASC 7th Annual Summer Gala	Tynemouth	NE3544	3
400 Individual Medley	6:33.90	6:38.30	284	10/09/10	Tynemouth Club Time Trials	Tynemouth	NE0657	4
100 Individual Medley	1:21.88	1:21.90	328	11/05/13	Tynemouth ASC Open Sprints & Teams 2013	Tynemouth	NE3325	3