

Individual Best Times (All Time)

Amy Sambell - (24528) - Andover Swimming & WP Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.07	30.40	438	07/05/06	Avalon Open	Millfield	SW6099	3
100 Freestyle	1:08.67	1:07.40	426	07/05/06	Avalon Open	Millfield	SW6099	3
200 Freestyle	2:32.88	2:30.60	402	07/11/04	Frome Open Meet 2004	Millfield	L2W129	1
50 Breaststroke	41.57	40.80	345	29/04/07	Avalon Open Meet	Millfield	SW7117	3
100 Breaststroke	1:34.49	1:33.10	312	21/10/06	Avalon Autumn Open Meet	Millfield	SW6157	2
50 Butterfly	36.29	35.80	305	07/05/06	Avalon Open	Millfield	SW6099	3
50 Backstroke	38.25	37.70	346	22/10/06	Avalon Autumn Open Meet	Millfield	SW6157	2
100 Backstroke	1:25.51	1:24.60	301	29/04/07	Avalon Open Meet	Millfield	SW7117	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.41	31.10	428	17/03/07	Hampshire County Champs	Southampton	CC7021	2
100 Freestyle	1:05.93	1:07.20	442	26/11/16	Andover SWPC Club Championships	Andover	SE160587	4
200 Freestyle	2:26.51	2:28.90	426	10/04/11	Andover County Qualifier and Club Champs	Andover	SE1163	4
400 Freestyle	5:11.24	5:15.70	410	10/07/11	Andover County Qualifier and Club Champs	Andover	SE1163	4
50 Breaststroke	40.40	41.20	346	19/09/16	Andover SWPC Club Championships	Andover	SE160586	4
100 Breaststroke	1:27.44	1:28.90	362	26/11/16	Andover SWPC Club Championships	Andover	SE160587	4
200 Breaststroke	3:22.94	3:25.50	291	28/04/12	Andover SC Club Championships	Andover	SE2136	4
50 Butterfly	34.45	35.00	354	19/09/16	Andover SWPC Club Championships	Andover	SE160586	4
100 Butterfly	1:18.39	1:19.40	327	26/11/16	Andover SWPC Club Championships	Andover	SE160587	4
200 Butterfly	3:02.39	3:04.10	282	23/04/16	Andover Club Championships	Andover	SE160584	4
50 Backstroke	36.98	37.50	318	17/09/16	Andover SWPC Club Championships	Andover	SE160586	4
100 Backstroke	1:20.15	1:21.10	321	26/11/16	Andover SWPC Club Championships	Andover	SE160587	4
200 Individual Medley	2:49.33	2:51.60	372	25/04/16	Andover Club Championships	Andover	SE160584	4
400 Individual Medley	6:12.66	6:17.40	335	09/07/11	Andover County Qualifier and Club Champs	Andover	SE1163	4
100 Individual Medley	1:17.42	1:17.40	388	26/11/16	Andover SWPC Club Championships	Andover	SE160587	4