

Individual Best Times (All Time)

Amber Swales - (364463) - Biggleswade SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.90	27.10	606	30/04/11	BG East Region Championships	Norwich	ERX115	1
100 Freestyle	1:00.58	59.20	621	03/04/11	Derventio Excel Open Meet	Sheffield	EM1083	1
200 Freestyle	2:08.74	2:06.00	673	20/10/12	Lincoln Vulcans SC LC Open Meet	Sheffield	EM2315	1
400 Freestyle	4:37.35	4:32.20	611	17/11/12	Team Luton Inaugural Long Course Meet	Luton	ER2464	1
800 Freestyle	9:37.64	9:27.60	591	02/03/13	Bedfordshire County Championships	Luton	CC3023	1
50 Breaststroke	36.89	36.00	493	08/05/10	Radford Annual Open Meet	Sheffield	EM0119	1
100 Breaststroke	1:18.44	1:16.80	546	04/04/10	City of Norwich Easter Meet	Norwich	ER0186	1
200 Breaststroke	2:49.60	2:46.50	533	02/05/10	East Region Youth Champs	Norwich	ERX011	1
200 Backstroke	2:36.03	2:33.90	491	08/03/15	Bedfordshire ASA County Championships	Luton	CC150189	1
200 Individual Medley	2:28.90	2:26.20	607	16/12/12	Northampton SC Winter Festival Open Meet	Corby	EM2644	1
400 Individual Medley	5:11.15	5:05.50	623	18/11/12	Team Luton Inaugural Long Course Meet	Luton	ER2464	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.14	27.90	603	20/03/11	Bedfordshire County Championships	Biggleswade	CC1107	2
100 Freestyle	58.56	1:00.00	631	05/03/11	Bedfordshire County Championships	Biggleswade	CC1106	2
200 Freestyle	2:07.40	2:10.10	649	03/03/13	Bedfordshire County Championships	Luton	CC3022	2
400 Freestyle	4:25.69	4:30.90	659	16/03/13	Bedfordshire County Championships	Luton	CC3024	2
800 Freestyle	9:11.82	9:22.20	647	18/02/12	Bedfordshire County Championships	Biggleswade	CC2054	2
1500 Freestyle	18:08.53	18:27.30	580	27/02/10	Bedfordshire Champs	Biggleswade	CC0041	2
50 Breaststroke	36.14	37.00	483	06/11/10	East Region Winter Champs	Norwich	ERX027	2
100 Breaststroke	1:16.02	1:17.70	551	13/02/10	Biggleswade Club Champs	Biggleswade	ER0035	4
200 Breaststroke	2:42.73	2:45.90	565	20/03/10	Bedfordshire Champs	Biggleswade	CC0043	2
50 Butterfly	31.50	32.10	463	20/09/14	Biggleswade SC Club Championships 2014	Biggleswade	ER4862	4
100 Butterfly	1:09.82	1:10.90	463	22/01/12	Biggleswade Open Meet	Biggleswade	ER2056	3
50 Backstroke	33.45	34.00	430	21/07/14	Biggleswade Club Championships	Biggleswade	ER4861	4
100 Backstroke	1:08.40	1:09.60	516	28/10/12	Flitwick Dolphins Open Meet	Flitwick	ER2302	3
200 Backstroke	2:24.30	2:26.60	559	09/03/14	Bedfordshire Age Group & County Champs	Luton	CC4031	2
200 Individual Medley	2:23.10	2:25.80	617	03/03/13	Bedfordshire County Championships	Luton	CC3022	2
400 Individual Medley	4:58.17	5:04.00	654	10/03/12	Bedfordshire County Championships	Biggleswade	CC2056	2
100 Individual Medley	1:08.01	1:08.00	573	26/02/12	Bedfordshire County Championships	Biggleswade	CC2055	2