

Individual Best Times (All Time)

James Amor - (755731) - Copeland ASC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.18	26.40	455	01/07/18	City of Sunderland Summer Splash 2018	Sunderland	NE181671	3
100 Freestyle	59.10	57.70	498	24/03/18	City of Sunderland National Qualifier	Sunderland	NE180846	1
200 Freestyle	2:09.65	2:06.90	486	25/03/18	City of Sunderland National Qualifier	Sunderland	NE180846	1
50 Breaststroke	46.34	45.70	175	13/07/14	City of Sunderland ASC Summer Splash 2014	Sunderland	NE4760	3
100 Breaststroke	1:56.07	1:55.00	117	13/07/13	City of Sunderland Summer Splash	Sunderland	NE3542	3
200 Breaststroke	4:30.04	4:28.10	100	06/01/13	City of Sunderland New Year Meet	Sunderland	NE3092	3
50 Butterfly	28.31	27.60	486	23/03/19	City of Sunderland National Qualifier 2019	Sunderland	NE190554	1
100 Butterfly	1:08.73	1:07.60	372	25/03/18	City of Sunderland National Qualifier	Sunderland	NE180846	1
50 Backstroke	31.42	30.80	421	02/07/22	City of Sunderland ASC Summer Splash 2022	Sunderland	NE221159	3
100 Backstroke	1:08.99	1:07.80	418	24/03/19	City of Sunderland National Qualifier 2019	Sunderland	NE190554	1
200 Backstroke	2:39.10	2:37.00	348	02/07/22	City of Sunderland ASC Summer Splash 2022	Sunderland	NE221159	3
200 Individual Medley	2:41.30	2:38.80	353	05/11/17	Swim England Noth West Region Winter Champs	Manchester	NW172020	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.56	27.30	437	27/01/18	2018 Cumbrian County Championships & Age Groups	Carlisle	NW180376	2
100 Freestyle	57.15	58.60	483	19/11/17	Copeland ASC Club Championships	Copeland	NW171595	4
200 Freestyle	2:05.32	2:08.10	498	27/01/18	2018 Cumbrian County Championships & Age Groups	Carlisle	NW180376	2
400 Freestyle	4:36.37	4:41.40	452	05/07/17	Copeland Club Championships	Copeland	NW171591	4
800 Freestyle	9:42.24	9:52.10	441	24/10/18	COPELAND ASC CLUB CHAMPIONSHIP	WHITEHAVEN	NW182541	4
1500 Freestyle	18:42.37	19:00.60	429	17/10/18	COPELAND ASC CLUB CHAMPIONSHIP	WHITEHAVEN	NW182541	4
50 Breaststroke	36.83	37.70	310	01/12/19	CUMBRIA 2019 CUMBRIAN WINTER MEET	Carlisle	NW193136	3
100 Breaststroke	1:24.66	1:26.10	278	19/11/17	Copeland ASC Club Championships	Copeland	NW171595	4
200 Breaststroke	3:05.47	3:08.30	271	08/08/21	2021 Copeland ASC Club Gala 1	Whitehaven	NW210302	4
50 Butterfly	28.92	29.60	425	23/09/17	8th Presidents Open Meet	Workington	NW171688	3
100 Butterfly	1:06.16	1:07.30	376	19/11/17	Copeland ASC Club Championships	Copeland	NW171595	4
200 Butterfly	2:36.12	2:38.10	320	01/05/16	Blackpool Rocks 2016	Blackpool	NW160510	3
50 Backstroke	29.95	30.60	402	30/11/19	CUMBRIA 2019 CUMBRIAN WINTER MEET	Carlisle	NW193136	3
100 Backstroke	1:04.89	1:06.10	413	01/12/19	CUMBRIA 2019 CUMBRIAN WINTER MEET	Carlisle	NW193136	3
200 Backstroke	2:24.13	2:26.40	393	08/02/20	2020 Cumbria County Championships and Age Groups	Workington	NW200216	2
200 Individual Medley	2:24.35	2:27.10	438	24/09/17	8th Presidents Open Meet	Workington	NW171688	3
400 Individual Medley	5:20.87	5:26.30	391	18/10/17	Copeland ASC Club Championships	Copeland	NW171593	4
100 Individual Medley	1:07.54	1:07.50	388	19/11/17	Copeland ASC Club Championships	Copeland	NW171595	4