

Individual Best Times (All Time)

Rebecca Amor - (755732) - Copeland ASC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.82	27.10	611	15/01/23	City of Derby SC 19th LC Open Meet 2023	Sheffield	EM230061	1
100 Freestyle	1:00.24	58.80	632	03/04/22	City of Sunderland ASC National Qualifier 2022	Sunderland	NE220261	1
200 Freestyle	2:12.14	2:09.50	622	25/02/23	BUCS Long Course Swimming Championships 2023	Sheffield	NE230349	1
50 Breaststroke	34.43	33.50	607	10/06/23	Arena Manchester Summer Open 2023	Manchester	NW231332	3
100 Breaststroke	1:17.57	1:15.90	565	03/07/22	City of Sunderland ASC Summer Splash 2022	Sunderland	NE221159	3
200 Breaststroke	3:40.97	3:38.60	241	13/07/14	City of Sunderland ASC Summer Splash 2014	Sunderland	NE4760	3
50 Butterfly	29.15	28.50	588	14/01/23	City of Derby SC 19th LC Open Meet 2023	Sheffield	EM230061	1
100 Butterfly	1:03.26	1:02.10	674	09/04/23	British Swimming Championships 2023	Sheffield	BSW024	1
200 Butterfly	2:28.96	2:26.80	546	10/03/23	Derwentio eXcel Early March Meet 2023	Sheffield	EM230151	1
50 Backstroke	33.51	32.90	514	30/06/18	City of Sunderland Summer Splash 2018	Sunderland	NE181671	3
100 Backstroke	1:09.87	1:08.70	552	03/07/22	City of Sunderland ASC Summer Splash 2022	Sunderland	NE221159	3
200 Individual Medley	2:29.41	2:26.70	601	07/05/23	Swansea Aquatic May LC Meet	Swansea	WL230007	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.93	27.70	617	05/02/22	2022 Cumbria County Championships and Age Groups	Workington	NW220089	2
100 Freestyle	58.06	59.50	648	20/11/22	BUCS Short Course 2022-23	Sheffield	NE222500	2
200 Freestyle	2:06.74	2:09.40	659	05/11/22	SE NW Winter Regional Swimming Championships	Liverpool	NW221980	2
400 Freestyle	4:36.13	4:41.20	587	05/03/22	Ulverston ASC Spring Swim Fest 2022	Kendal	NW220364	3
800 Freestyle	9:34.79	9:44.80	573	16/10/19	Copeland Club Time Trial Gala 2	Copeland	NW193142	4
1500 Freestyle	18:45.19	19:03.40	525	09/10/19	Copeland Club Time Trial Gala 2	Copeland	NW193141	4
50 Breaststroke	34.14	35.00	573	05/02/22	2022 Cumbria County Championships and Age Groups	Workington	NW220089	2
100 Breaststroke	1:16.38	1:18.00	544	22/01/22	2022 Cumbria County Championships and Age Groups	Workington	NW220088	2
200 Breaststroke	2:49.02	2:52.10	504	05/03/22	Ulverston ASC Spring Swim Fest 2022	Kendal	NW220364	3
50 Butterfly	28.72	29.40	611	03/11/19	Swim England North West Winter Championships 2019	Manchester	NW192984	2
100 Butterfly	1:03.82	1:05.00	607	25/01/20	2020 Cumbria County Championships and Age Groups	Workington	NW200215	2
200 Butterfly	2:19.42	2:21.70	631	02/12/22	National Winter Championships 2022	Sheffield	ENG027	2
50 Backstroke	31.39	32.00	520	05/03/22	Ulverston ASC Spring Swim Fest 2022	Kendal	NW220364	3
100 Backstroke	1:06.97	1:08.20	550	08/06/19	24th Copeland Graded Gala	Whitehaven	NW191764	3
200 Backstroke	2:33.69	2:35.80	463	08/08/21	2021 Copeland ASC Club Gala 1	Whitehaven	NW210302	4
200 Individual Medley	2:25.22	2:27.90	590	19/01/19	2019 Cumbria County Championships and Age Groups	Kendal	NW190167	2
400 Individual Medley	5:10.60	5:16.20	579	23/10/19	Copeland Club Time Trial Gala 2	Copeland	NW193143	4
100 Individual Medley	1:05.24	1:05.20	649	06/11/21	NW Winter Regional Swimming Championships (25m)	Manchester	NW211011	2