

Individual Best Times (All Time)

Amber Owen - (791976) - Stirling Swimming

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.72	27.00	617	02/12/17	Swim Wales Long Course Championships	Swansea	WL170076	1
100 Freestyle	1:00.18	58.80	634	03/08/17	Swim Wales Summer Nationals	Swansea	WL170074	1
200 Freestyle	2:12.90	2:10.30	612	01/08/17	Swim Wales Summer Nationals	Swansea	WL170074	1
400 Freestyle	4:46.51	4:41.60	554	14/04/17	Swim Wales Long Course Championships	Swansea	WL170073	1
800 Freestyle	11:15.84	11:07.20	369	09/06/13	Cardiff International Open Meet	Cardiff	WAL501	1
50 Breaststroke	33.99	33.10	631	16/03/19	Edinburgh International	Edinburgh	SCO1626	1
100 Breaststroke	1:15.89	1:14.20	603	15/03/19	Edinburgh International	Edinburgh	SCO1626	1
200 Breaststroke	2:46.42	2:43.20	564	01/08/16	Swim Wales Summer Nationals	Swansea	WL160020	1
50 Butterfly	30.60	30.00	508	04/08/16	Swim Wales Summer Nationals	Swansea	WL160020	1
100 Butterfly	1:11.84	1:10.80	460	05/08/16	Swim Wales Summer Nationals	Swansea	WL160020	1
50 Backstroke	32.42	31.80	568	02/08/16	Swim Wales Summer Nationals	Swansea	WL160020	1
100 Backstroke	1:11.65	1:10.50	512	10/04/16	City of Bristol International Open Meet	Bristol	SW160503	1
200 Backstroke	2:44.38	2:42.30	420	16/11/14	Welsh Capital Open Meet	Cardiff	WAL608	1
200 Individual Medley	2:29.55	2:26.90	599	06/08/16	Swim Wales Summer Nationals	Swansea	WL160020	1
400 Individual Medley	5:49.59	5:44.50	439	23/03/14	Tiger Bay Open Meet 2014	Cardiff	WAL555	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.87	27.60	621	03/11/18	North District Open Championships 2018	Aberdeen	SCO1538	2
100 Freestyle	58.56	1:00.00	631	07/12/18	Scottish National Short Course Open Swimming	Edinburgh	SCO1566	2
200 Freestyle	2:09.57	2:12.20	617	03/12/16	Swim Wales Short Course Championships	Swansea	WL160022	2
400 Freestyle	4:40.92	4:45.90	558	05/11/16	Welsh Capital Open Meet	Cardiff	WL161198	2
800 Freestyle	10:23.56	10:32.80	448	30/01/15	SWWR Regional Championships	Haverford West	WL150523	2
50 Breaststroke	33.11	34.00	629	13/12/19	Scottish National Short Course Championships	Edinburgh	SCO1762	2
100 Breaststroke	1:13.88	1:15.60	601	03/12/16	Swim Wales Short Course Championships	Swansea	WL160022	2
200 Breaststroke	2:40.52	2:43.80	589	04/12/16	Swim Wales Short Course Championships	Swansea	WL160022	2
50 Butterfly	30.85	31.50	493	24/09/16	City of Cardiff Club Championship	Cardiff	WL161205	3
100 Butterfly	1:10.02	1:11.10	459	20/12/15	Swim Wales National Short Course Championships	Swansea	WL152205	2
50 Backstroke	31.50	32.10	515	20/12/15	Swim Wales National Short Course Championships	Swansea	WL152205	2
100 Backstroke	1:07.81	1:09.00	530	19/12/15	Swim Wales National Short Course Championships	Swansea	WL152205	2
200 Backstroke	2:32.38	2:34.60	475	31/01/16	Swim Wales West Regional Championships	Haverfordwest	WL160033	2
200 Individual Medley	2:26.45	2:29.10	576	09/12/17	NSL Western Division 1 Final	Newport	WL172608	3
400 Individual Medley	5:56.38	6:01.30	383	08/02/14	West Wales Regional Championships	Haverfordwest	WAL547	2
100 Individual Medley	1:20.71	1:20.70	343	09/06/12	Amman Valley Open Meet 2012	Llanelli	WAL435	4