

# Individual Best Times (All Time)

Amy Godsave - (812947) - Potters Bar SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	26.15	25.30	735	20/04/17	British Swimming Championships 2017	Sheffield	BSW001	1
100 Freestyle	57.32	55.80	734	14/04/19	Newham & East London L1 National Qualifying Meet	London	LR190189	1
200 Freestyle	2:10.75	2:08.10	642	15/06/14	BG ASA East Region BAGCAT Championships 2014	Norwich	ERX413	1
50 Butterfly	28.79	28.10	611	15/03/20	Edinburgh International	Edinburgh	SCO1813	1
100 Butterfly	1:05.60	1:04.40	604	03/05/15	ASA East Region Summer Championships Weekend 1	Luton	ER150672	1
50 Backstroke	31.55	30.90	617	06/05/18	East Swimming Long Course Championships 2018	Norwich	ER180213	1
100 Backstroke	1:12.62	1:11.50	492	14/06/14	BG ASA East Region BAGCAT Championships 2014	Norwich	ERX413	1
200 Backstroke	2:37.15	2:35.00	481	15/06/14	BG ASA East Region BAGCAT Championships 2014	Norwich	ERX413	1
200 Individual Medley	2:38.33	2:35.80	505	07/06/14	BGASA East Region Championships 2014	Norwich	ERX412	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	25.51	26.30	726	06/12/19	Swim England National Winter Championships (25m)	Sheffield	ENG017	2
100 Freestyle	55.79	57.30	730	17/11/19	BUCS Short Course Swimming Championships 2019	Sheffield	NE193130	2
200 Freestyle	2:07.66	2:10.30	645	25/10/15	Manchester International Meet 2015	Manchester	NW151667	2
400 Freestyle	4:42.60	4:47.50	548	17/06/14	Hoddesdon SC Club Championships	Hoddesdon	ER4805	4
50 Breaststroke	40.44	41.20	345	18/10/13	Hoddesdon SC Sprint Club Championships	Hoddesdon	ER3567	4
100 Breaststroke	1:20.68	1:22.20	461	07/07/15	Hoddesdon Club Championships 2015	Hoddesdon	ER151232	4
200 Breaststroke	3:04.13	3:07.00	390	11/06/13	Hoddesdon SC 200 & 400 Club Championships	Hoddesdon	ER3566	4
50 Butterfly	28.29	29.00	640	19/10/19	Manchester International Meet 2019	Manchester	NW190443	2
100 Butterfly	1:04.66	1:05.80	584	08/11/14	NASL London Premier Division	Harlow	ER14058	2
200 Butterfly	3:25.94	3:27.50	195	03/09/11	Hoddesdon Open Meet	Enfield	ER1284	4
50 Backstroke	30.58	31.20	562	27/01/18	Hertfordshire County Championships	Borehamwood	ER180357	2
100 Backstroke	1:07.35	1:08.50	541	30/11/13	Harlow Penguins Winter Open Meet	Harlow	ER3890	3
200 Backstroke	2:28.30	2:30.50	515	09/03/14	Hertfordshire ASA County Championships	Borehamwood	CC4080	2
200 Individual Medley	2:29.71	2:32.30	539	08/03/14	Hertfordshire ASA County Championships	Borehamwood	CC4080	2
100 Individual Medley	1:08.26	1:08.30	567	26/09/15	Basildon & Phoenix Season Opener Meet	Basildon	ER150236	2