

Individual Best Times (All Time)

Philippa Amos - (831430) - Hitchin SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Butterfly	30.41	29.80	518	02/05/16	ASA East Region Long Course Championships	Norwich	ER160820	1
100 Butterfly	1:15.97	1:15.00	389	25/05/15	ASA East Region Summer Championships	Norwich	ER150673	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.80	30.50	455	03/10/15	Cambridge L2 Regional & National SC Qualifier	Cambridge	ER150482	2
100 Freestyle	1:06.44	1:07.70	432	09/05/15	Mid Beds Swim Squad Level 3 Open Meet	Biggleswade	ER150500	3
50 Breaststroke	39.80	40.60	362	22/11/15	Watford November County Qualifier Open Meet	Watford	ER150604	3
100 Breaststroke	1:25.34	1:26.80	390	21/11/15	Watford November County Qualifier Open Meet	Watford	ER150604	3
200 Breaststroke	3:09.91	3:12.70	355	28/06/15	The Terry Davies Alternative Nationals	Watford	ER150582	3
50 Butterfly	30.51	31.10	510	05/11/16	East Swimming 2016 SC Championships	Luton	ER161979	2
100 Butterfly	1:10.60	1:11.70	448	22/11/15	Watford November County Qualifier Open Meet	Watford	ER150604	3
200 Butterfly	2:47.70	2:49.60	362	10/05/15	Mid Beds Swim Squad Level 3 Open Meet	Biggleswade	ER150500	3
50 Backstroke	39.59	40.10	259	28/06/14	WSC Terry Davies Alternative Nationals	Watford	ER4475	3
200 Individual Medley	2:57.08	2:59.30	325	30/11/14	Hitchin Open Meet	Hitchin	ER4409	3
400 Individual Medley	5:56.28	6:01.20	383	09/05/15	Mid Beds Swim Squad Level 3 Open Meet	Biggleswade	ER150500	3
100 Individual Medley	1:15.58	1:15.60	417	21/11/15	Watford November County Qualifier Open Meet	Watford	ER150604	3