

Individual Best Times (All Time)

Amelia Middleton - (942096) - Bromley SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.66	30.00	456	01/02/20	2020 Kent ASA Swimming Championships	Crystal Palace	SE200207	1
100 Freestyle	1:07.53	1:06.30	448	02/02/19	Kent Swimming Championships 2019	Crystal Palace	SE190349	1
200 Freestyle	2:24.00	2:21.60	481	13/04/19	Newham & East London L1 National Qualifying Meet	London	LR190189	1
400 Freestyle	5:03.22	4:58.60	467	13/04/19	Newham & East London L1 National Qualifying Meet	London	LR190189	1
800 Freestyle	10:22.15	10:12.80	473	19/04/19	Beckenham Easter International Open 2019	London	LR190200	1
1500 Freestyle	20:02.31	19:45.00	448	18/01/20	2020 Kent ASA Swimming Championships	London	SE200205	1
50 Butterfly	35.71	35.20	320	14/04/19	Newham & East London L1 National Qualifying Meet	London	LR190189	1
50 Backstroke	38.46	37.90	340	15/04/18	N&EL L1 National Qualifying Meet	London	LR180247	1
100 Backstroke	1:24.70	1:23.70	310	14/04/18	N&EL L1 National Qualifying Meet	London	LR180247	1
200 Backstroke	2:57.81	2:55.90	332	29/01/17	Kent Swimming Championships	Crystal Palace	SE170172	1
400 Individual Medley	6:21.39	6:16.70	338	20/01/18	Kent Swimming Championships 2018	Crystal Palace	SE180332	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.79	30.50	456	06/10/19	Bromley SC Autumn Gold Open Meet 2019	Gillingham	LR191592	3
100 Freestyle	1:05.18	1:06.50	458	10/07/21	Bromley SC Time Trials July 2021	Croydon	LR210278	4
200 Freestyle	2:23.77	2:26.20	451	08/12/19	BPSC Last Chance County Qualifier 2019	Basildon	ER192691	3
400 Freestyle	4:58.97	5:03.60	463	04/01/20	Kent Weald 2nd Last Chance County Qualifier	Gillingham	SE200098	3
800 Freestyle	10:08.63	10:18.10	482	29/09/18	Bromley SC 800 1500m Invitational Time Trial 2018	Gillingham	LR180786	3
1500 Freestyle	19:33.34	19:50.80	463	28/09/19	Bromley SC 800 and 1500m Invitational Time Trial	Gillingham	LR191594	3
50 Breaststroke	44.27	45.00	263	17/12/17	BPSC Last Chance County Qualifier	Basildon	ER172322	3
100 Breaststroke	1:32.38	1:33.70	307	23/06/19	Bromley SC Club Championships 2019	Beckenham	LR191438	4
200 Breaststroke	3:28.15	3:30.70	270	16/10/17	BSC Club Championships	Beckenham	LR170806	4
50 Butterfly	34.18	34.70	362	06/10/19	Bromley SC Autumn Gold Open Meet 2019	Gillingham	LR191592	3
100 Butterfly	1:20.89	1:21.80	298	02/03/19	EDSC OOJS Spring Charity Meet 2019	Crook Log	LR190190	3
200 Butterfly	2:57.75	2:59.50	304	25/06/19	Bromley SC Club Championships 2019	Beckenham	LR191440	4
50 Backstroke	37.09	37.60	315	11/06/17	Dartford Dash	Gillingham	SE171024	3
100 Backstroke	1:20.92	1:21.90	312	11/11/17	NASLS - ROUND TWO	BECKENHAM	SE172520	3
200 Backstroke	2:50.58	2:52.50	338	25/06/19	Bromley SC Club Championships 2019	Beckenham	LR191440	4
200 Individual Medley	2:51.07	2:53.40	361	23/06/19	Bromley SC Club Championships 2019	Beckenham	LR191438	4
400 Individual Medley	6:01.33	6:06.20	368	06/07/19	Bromley SC Club Championships 2019	Whitgift School	LR191439	4
100 Individual Medley	1:21.73	1:21.70	330	13/11/17	BSC Club Championships	Beckenham	LR170807	4