

Individual Best Times (All Time)

Amy Allison - (956489) - Bor of Waltham Forest (Gators)

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.37	29.70	469	01/02/20	Essex Age Group Championships 2020	London	ER200176	1
100 Freestyle	1:06.06	1:04.80	479	02/02/20	Essex Age Group Championships 2020	Basildon	ER200177	1
200 Freestyle	2:21.76	2:19.30	504	16/02/20	Essex Age Group Championships 2020	Basildon	ER200178	1
400 Freestyle	4:54.14	4:49.30	512	31/03/19	Team Luton March Open Meet	Luton	ER190183	1
800 Freestyle	9:49.68	9:39.80	555	15/03/20	2020 London Region Spring Open Meet	London	LR200423	1
1500 Freestyle	19:02.79	18:44.60	522	31/03/19	Team Luton March Open Meet	Luton	ER190183	1
50 Breaststroke	40.19	39.40	381	01/02/20	Essex Age Group Championships 2020	London	ER200176	1
100 Breaststroke	1:43.30	1:42.10	239	21/01/17	Essex Age Group Championships 2017	Basildon	ER170022	1
200 Breaststroke	3:55.10	3:52.80	200	25/09/16	BWFSC County Qualifier Meet 2016	London	LR161616	3
50 Butterfly	33.12	32.50	401	01/02/20	Essex Age Group Championships 2020	London	ER200176	1
100 Butterfly	1:14.19	1:13.20	418	16/02/20	Essex Age Group Championships 2020	Basildon	ER200178	1
200 Butterfly	2:44.60	2:42.70	405	12/05/19	London 2019 Long Course Summer Championships	London Aquatics Cnt	LR191254	1
50 Backstroke	34.18	33.60	485	01/05/22	SE London Summer Championships 2022	Stratford	LR220486	1
100 Backstroke	1:13.82	1:12.70	468	15/02/20	Essex Age Group Championships 2020	Basildon	ER200178	1
200 Backstroke	2:37.20	2:35.10	480	17/02/19	Essex Age Group Champs 2019	Basildon	ER190211	1
200 Individual Medley	2:41.90	2:39.40	472	18/05/19	London 2019 Long Course Summer Championships	Crystal Palace	LR191255	1
400 Individual Medley	5:44.33	5:39.20	460	11/05/19	London 2019 Long Course Summer Championships	London Aquatics Cnt	LR191254	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.28	30.00	480	07/11/21	SE London Winter Championships 2021	London	LR211006	2
100 Freestyle	1:03.00	1:04.30	507	06/11/21	SE London Winter Championships 2021	London	LR211006	2
200 Freestyle	2:15.60	2:18.10	538	30/01/22	Swim England Essex Age Group Championships 2022	Basildon	ER220050	2
400 Freestyle	4:45.77	4:50.60	530	29/01/22	Swim England Essex Age Group Championships 2022	Basildon	ER220050	2
800 Freestyle	9:37.38	9:47.30	565	06/11/21	SE London Winter Championships 2021	London	LR211006	2
1500 Freestyle	18:25.14	18:43.70	555	28/01/22	Swim England Essex Age Group Championships 2022	Basildon	ER220051	2
50 Breaststroke	39.50	40.30	370	25/06/21	Bo Waltham F	Sylvestrian	LEX2463	0
100 Breaststroke	1:29.34	1:30.70	340	06/07/21	Bo Waltham Forest	Sylvestrian	LEX2982	0
200 Breaststroke	3:06.61	3:09.40	375	09/07/21	Borough of Waltham Forest	Sylvestrian	LEX3131	0
50 Butterfly	32.90	33.50	406	31/10/21	Borough of Waltham Forest SC - Gators Club Champs	Sylvestrian LC	LR210863	4
100 Butterfly	1:11.38	1:12.40	434	26/02/23	Essex Age Group County Championships 2023	Basildon	ER230023	2
200 Butterfly	2:39.19	2:41.20	424	07/11/21	SE London Winter Championships 2021	London	LR211006	2
50 Backstroke	32.70	33.30	460	26/02/23	Essex Age Group County Championships 2023	Basildon	ER230023	2
100 Backstroke	1:10.65	1:11.80	468	25/02/23	Essex Age Group County Championships 2023	Basildon	ER230023	2
200 Backstroke	2:30.40	2:32.60	494	26/02/22	Swim England Essex Age Group Championships 2022	Basildon	ER220051	2
200 Individual Medley	2:36.62	2:39.10	471	31/10/21	Borough of Waltham Forest SC - Gators Club Champs	Sylvestrian LC	LR210863	4
400 Individual Medley	5:36.40	5:41.60	456	02/03/19	Enfield Spring Regional Qualifier	Enfield	LR190285	3
100 Individual Medley	1:13.22	1:13.20	459	10/12/21	Borough of Waltham Forest SC - Gators Club Champs	Sylvestrian LC	LR210864	4