

# Individual Best Times (All Time)

Amelia Troup - (959792) - Anaconda SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Backstroke	38.38	37.90	342	30/05/15	London Regional Championships	London	LR150606	1
200 Backstroke	3:05.17	3:03.40	294	12/04/15	Team Luton April Long Course Meet	Luton	ER150341	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	35.58	36.20	267	22/03/14	Middlesex County Championships	Enfield	CC4096	2
100 Freestyle	1:20.67	1:21.70	241	14/06/13	Hackney & Islington Summer Championships	Hackney	LR3584	4
200 Freestyle	2:52.84	2:54.80	259	02/03/14	MCASA Bagcat & Youth Competitions 2014	Enfield	CC4093	2
50 Breaststroke	47.92	48.60	207	02/03/14	MCASA Bagcat & Youth Competitions 2014	Enfield	CC4093	2
100 Breaststroke	1:49.58	1:50.70	184	15/06/13	Hackney & Islington Summer Championships	Hackney	LR3584	4
200 Breaststroke	3:34.48	3:36.90	246	01/03/14	MCASA Bagcat & Youth Competitions 2014	Enfield	CC4093	2
50 Butterfly	41.82	42.30	198	27/10/13	Enfield Swim Squad Autumn Open Meet	Enfield	LR3716	3
100 Butterfly	1:43.63	1:44.40	141	14/06/13	Hackney & Islington Summer Championships	Hackney	LR3584	4
50 Backstroke	36.92	37.50	319	13/12/14	NASL London Round Division 1&2	Luton	ER14051	3
100 Backstroke	1:29.01	1:29.90	234	15/06/13	Hackney & Islington Summer Championships	Hackney	LR3584	4
200 Backstroke	2:57.45	2:59.30	301	23/03/14	Middlesex County Championships	Enfield	CC4096	2
200 Individual Medley	3:15.45	3:17.50	242	22/04/13	MCASA Spring Development Meet	Southbury	LR3355	3
100 Individual Medley	1:27.56	1:27.60	268	01/03/14	MCASA Bagcat & Youth Competitions 2014	Enfield	CC4093	2