

Individual Best Times (All Time)

Amelia Ashton - (1388500) - Sevenoaks SC - 400 Individual Medley - Long Course

Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
6:06.08	383	H	12/02/23	Kent Swimming Championships 2023	Stratford	Sevenoaks	1

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