

Individual Best Times (All Time)

Josie Ambrose - (1155009) - Wantage White Horses

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.89	31.60	409	01/04/17	Gloucester City Spring Meet 2017	Gloucester	SW170441	2
100 Freestyle	1:06.98	1:08.20	422	26/11/16	City of Oxford L3 November Meet	Oxford	SE161774	3
200 Freestyle	2:30.06	2:32.40	397	16/07/16	City of Oxford Level 3 Meet	Oxford	SE161078	3
400 Freestyle	5:13.98	5:18.40	399	02/12/17	Maxwell Last Chance County Qualifier	Aylesbury	SE172564	3
800 Freestyle	11:02.45	11:11.10	374	13/11/16	Witney & District Club Championships	Witney	SE162088	4
50 Breaststroke	39.75	40.50	363	24/09/16	Wantage White Horse Club Championships	Wantage	SE162278	4
100 Breaststroke	1:28.41	1:29.80	350	29/10/16	Wantage White Horses 100m Club Championships	Wantage	SE162144	4
200 Breaststroke	3:09.71	3:12.50	356	10/06/18	Wantage White Horses 200m Club Championships	Wantage	SE181286	4
50 Butterfly	34.00	34.60	368	24/09/16	Wantage White Horse Club Championships	Wantage	SE162278	4
100 Butterfly	1:32.08	1:32.90	202	29/11/15	COSC L3 Open Meet	Oxford	SE151813	3
50 Backstroke	37.59	38.10	303	24/09/16	Wantage White Horse Club Championships	Wantage	SE162278	4
100 Backstroke	1:19.35	1:20.40	331	29/10/16	Wantage White Horses 100m Club Championships	Wantage	SE162144	4
200 Backstroke	2:52.08	2:54.00	330	09/06/18	Wantage White Horses 200m Club Championships	Wantage	SE181286	4
200 Individual Medley	2:49.21	2:51.50	373	17/07/16	City of Oxford Level 3 Meet	Oxford	SE161078	3
100 Individual Medley	1:18.12	1:18.10	378	29/10/16	Wantage White Horses 100m Club Championships	Wantage	SE162144	4