

Individual Best Times (All Time)

Amelia Atkins - (1414236) - Holywell Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.27	30.60	430	11/02/24	Swim Wales Regional Racing Series - North 2024	Liverpool	WL240020	1
100 Freestyle	1:07.32	1:06.10	453	11/02/24	Swim Wales Regional Racing Series - North 2024	Liverpool	WL240020	1
200 Freestyle	2:25.85	2:23.40	463	28/01/24	Rotherham Metro 'A' & 'B' Grade LC Meet 2024	Sheffield	NE240018	3
400 Freestyle	5:10.79	5:06.20	434	07/08/23	Swim Wales Summer Open 2023	Swansea	WL230316	1
800 Freestyle	10:52.46	10:43.50	410	04/08/23	Swim Wales Summer Open 2023	Swansea	WL230316	1
50 Breaststroke	45.26	44.60	267	21/05/23	City Of Liverpool Splash 'N' Dash Meet 2023	Liverpool	NW230627	3
50 Butterfly	34.25	33.70	362	06/08/23	Swim Wales Summer Open 2023	Swansea	WL230316	1
100 Butterfly	1:17.99	1:17.00	359	07/08/23	Swim Wales Summer Open 2023	Swansea	WL230316	1
50 Backstroke	37.16	36.60	377	28/01/24	Rotherham Metro 'A' & 'B' Grade LC Meet 2024	Sheffield	NE240018	3
100 Backstroke	1:19.88	1:18.90	369	28/01/24	Rotherham Metro 'A' & 'B' Grade LC Meet 2024	Sheffield	NE240018	3
200 Backstroke	2:49.63	2:47.70	382	27/01/24	Rotherham Metro 'A' & 'B' Grade LC Meet 2024	Sheffield	NE240018	3
200 Individual Medley	2:47.30	2:44.90	428	05/08/23	Swim Wales Summer Open 2023	Swansea	WL230316	1
400 Individual Medley	6:10.26	6:05.50	370	10/02/24	Swim Wales Regional Racing Series - North 2024	Liverpool	WL240020	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.44	31.10	427	26/11/23	Swim Wales Regional SC Championships - North 2023	Llandudno	WL232010	2
100 Freestyle	1:06.43	1:07.70	432	26/11/23	Swim Wales Regional SC Championships - North 2023	Llandudno	WL232010	2
200 Freestyle	2:23.17	2:25.60	457	25/11/23	Swim Wales Regional SC Championships - North 2023	Llandudno	WL232010	2
400 Freestyle	5:02.54	5:07.10	446	26/11/23	Swim Wales Regional SC Championships - North 2023	Llandudno	WL232010	2
800 Freestyle	10:37.76	10:46.80	419	25/11/23	Swim Wales Regional SC Championships - North 2023	Llandudno	WL232010	2
1500 Freestyle	20:37.34	20:53.90	395	07/01/24	Holywell ASC Valentine Gala 2024	Holywell	WL240193	2
50 Breaststroke	40.96	41.70	332	25/11/23	Swim Wales Regional SC Championships - North 2023	Llandudno	WL232010	2
100 Breaststroke	1:38.74	1:40.00	251	02/07/23	Holywell ASC Summer Sprint 2023	Holywell	WL230621	3
50 Butterfly	33.57	34.10	383	24/11/23	Swim Wales Regional SC Championships - North 2023	Llandudno	WL232010	2
100 Butterfly	1:15.18	1:16.20	371	25/11/23	Swim Wales Regional SC Championships - North 2023	Llandudno	WL232010	2
50 Backstroke	35.11	35.70	371	24/11/23	Swim Wales Regional SC Championships - North 2023	Llandudno	WL232010	2
100 Backstroke	1:15.57	1:16.60	383	26/11/23	Swim Wales Regional SC Championships - North 2023	Llandudno	WL232010	2
200 Backstroke	2:41.94	2:44.00	396	25/11/23	Swim Wales Regional SC Championships - North 2023	Llandudno	WL232010	2
200 Individual Medley	2:42.00	2:44.40	425	26/11/23	Swim Wales Regional SC Championships - North 2023	Llandudno	WL232010	2
400 Individual Medley	6:03.55	6:08.40	361	06/01/24	Holywell ASC Valentine Gala 2024	Holywell	WL240193	2
100 Individual Medley	1:22.33	1:22.30	323	02/07/23	Holywell ASC Summer Sprint 2023	Holywell	WL230621	3