

Individual Best Times (All Time)

Amy Knowles - (1224030) - Haverfordwest

Long Course

Stroke	Time	FINA Pts	Swim Date	Meet	Venue	License	Level
50 Freestyle	32.46	387	06/01/19	RCT New Year Open Meet 2019	Cardiff	WL190124	3
100 Freestyle	1:06.66	466	21/04/19	Swim Wales Long Course Championships	WNPS	WL190346	1
200 Freestyle	2:33.43	399	30/06/18	Team Bath AS Pre-National Summer Sizzler	Hengrove Leisure Cen	SW181079	1
400 Freestyle	5:19.00	407	23/03/19	Liverpool Spring Open Meet 2019	Liverpool	NW190258	1
50 Breaststroke	47.23	241	30/06/18	Team Bath AS Pre-National Summer Sizzler	Hengrove Leisure Cen	SW181079	1
100 Breaststroke	1:37.62	283	01/07/18	Team Bath AS Pre-National Summer Sizzler	Hengrove Leisure Cen	SW181079	1
200 Breaststroke	3:37.03	263	15/09/17	Swim Wales Legends Meet	Swansea	WL170075	1
50 Butterfly	31.85	451	20/04/19	Swim Wales Long Course Championships	WNPS	WL190346	1
100 Butterfly	1:10.90	479	21/04/19	Swim Wales Long Course Championships	WNPS	WL190346	1
200 Butterfly	2:42.90	418	19/04/19	Swim Wales Long Course Championships	WNPS	WL190346	1
50 Backstroke	35.18	451	21/04/19	Swim Wales Long Course Championships	WNPS	WL190346	1
100 Backstroke	1:16.42	437	22/04/19	Swim Wales Long Course Championships	WNPS	WL190346	1
200 Backstroke	2:41.65	452	19/04/19	Swim Wales Long Course Championships	WNPS	WL190346	1
200 Individual Medley	2:46.66	433	20/04/19	Swim Wales Long Course Championships	WNPS	WL190346	1
400 Individual Medley	6:06.07	385	06/01/19	RCT New Year Open Meet 2019	Cardiff	WL190124	3

Short Course

Stroke	Time	FINA Pts	Swim Date	Meet	Venue	License	Level
50 Freestyle	30.65	418	03/02/19	Swim Wales West Regional Championships	Haverfordwest	WL190039	2
100 Freestyle	1:06.95	422	01/12/18	Swim Wales Short Course Championships	Swansea	WL180060	2
200 Freestyle	2:22.01	470	02/02/19	Swim Wales West Regional Championships	Haverfordwest	WL190039	2
400 Freestyle	5:09.83	433	09/02/19	Swim Wales West Regional Championships	Haverfordwest	WL190040	2
800 Freestyle	10:38.77	422	23/11/18	SW West Region Sub Regional Championships	Haverfordwest	WL180059	3
50 Breaststroke	44.63	264	06/05/18	Amman Valley Open Meet 2018	Carmarthen	WL180778	3
100 Breaststroke	1:32.51	306	16/12/18	Carmarthen Christmas Open 2018	Carmarthen	WL182338	2
200 Breaststroke	3:18.29	312	25/11/18	SW West Region Sub Regional Championships	Haverfordwest	WL180059	3
50 Butterfly	32.99	403	02/02/19	Swim Wales West Regional Championships	Haverfordwest	WL190039	2
100 Butterfly	1:13.44	411	02/12/18	Swim Wales Short Course Championships	Swansea	WL180060	2
50 Backstroke	34.62	407	10/02/19	Swim Wales West Regional Championships	Haverfordwest	WL190040	2
100 Backstroke	1:12.94	429	09/02/19	Swim Wales West Regional Championships	Haverfordwest	WL190040	2
200 Backstroke	2:37.06	437	30/11/18	Swim Wales Short Course Championships	Swansea	WL180060	2
200 Individual Medley	2:45.69	397	01/12/18	Swim Wales Short Course Championships	Swansea	WL180060	2
400 Individual Medley	5:54.39	390	24/11/18	SW West Region Sub Regional Championships	Haverfordwest	WL180059	3
100 Individual Medley	1:19.27	362	27/10/18	Pembrokeshire County Swimming Championships	Haverfordwest	WL181820	3