

Melissa INGRAM

Current Club: North Shore

Previous Clubs: Swim North Harbour
West Auckland Aquatics
Waterhole

Current Coach: Jan Cameron

Previous Coaches: Judith Wright
Jim Lee
Jackie Brookes-Peterson

Date of Birth: 24/6/1985

Place of Birth: Auckland

Personal Bests: 200 Back – 2.14.2
100 Back – 1.03.2

2005

200 Back – 2.16.42
100 Back - 1.03.41

2004

200 Back – 2.07.92
100 Back – 1.01.0

2003

200 Back – 2.15.1
100 Back – 1.04.0

2002

200 Back – 2.14.2
100 Back – 1.03.2

World Ranking: 200 Back – 86th
100 Back – 68th

NZ Rep Teams:

- 2005 Montreal World Champs
- 2005 World University Games
- 2004 SC World Champs
- 2002 Pan Pacific Games
- 2002 Manchester Commonwealth Games

Best Performances:

- 2004 SC World Champs (Bronze)
- 2005 World University Games (Silver)
- 2002 Manchester Commonwealth Games (finalist)

Academic:

- Studying for BA – Auckland University
- Joint Auckland University Sports Women of the Year

