

Individual Best Times (All Time)

Claudia Ashford - (956266) - Poole SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.38	29.70	469	23/07/23	Winchester City Penguins Summer Scorchers 2023	Winchester	SE231199	3
100 Freestyle	1:21.14	1:20.10	258	04/01/15	BWFSC Level 1 Long Course Meet	London	LR150167	1
200 Freestyle	2:33.22	2:30.90	399	02/08/16	Swim Wales Summer Nationals	Swansea	WL160020	1
400 Freestyle	4:59.13	4:54.40	487	14/04/18	Exeter Taunton L1 & L3 April Meet	Millfield	SW180458	1
50 Breaststroke	39.83	39.00	392	26/02/22	Rushmoor Royals February Regional Qualifier	Aldershot Garrison	SE220362	3
100 Breaststroke	1:22.49	1:20.90	469	30/04/22	Swim England South West Region Championships 2022	Plymouth	SW220568	1
200 Breaststroke	2:51.87	2:48.80	512	01/05/22	Swim England South West Region Championships 2022	Plymouth	SW220568	1
50 Butterfly	34.75	34.20	347	31/07/17	Swim Wales Summer Nationals	Swansea	WL170074	1
100 Butterfly	1:11.00	1:09.90	477	23/07/23	Winchester City Penguins Summer Scorchers 2023	Winchester	SE231199	3
50 Backstroke	33.94	33.30	495	29/10/17	Millfield Super Series	Millfield	SW171202	1
100 Backstroke	1:12.43	1:11.30	495	06/05/19	ASA SWR Summer Championships	Plymouth	SW190488	1
200 Backstroke	2:33.24	2:31.00	518	04/05/19	ASA SWR Summer Championships	Plymouth	SW190488	1
200 Individual Medley	2:33.03	2:30.40	559	30/04/22	Swim England South West Region Championships 2022	Plymouth	SW220568	1
400 Individual Medley	5:20.16	5:14.60	572	01/05/22	Swim England South West Region Championships 2022	Plymouth	SW220568	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.34	31.00	431	01/02/20	Dorset 2020 Integrated Champs and Age Group Comp	Littledown	SW200145	2
100 Freestyle	1:04.89	1:06.20	464	01/02/20	Dorset 2020 Integrated Champs and Age Group Comp	Littledown	SW200145	2
200 Freestyle	2:16.41	2:18.90	528	01/07/21	Swim Bournemouth	Canford	LEX3342	0
400 Freestyle	4:44.36	4:49.30	538	18/01/20	Dorset 2020 Integrated Champs and Age Group Comp	Littledown	SW200143	2
800 Freestyle	9:55.87	10:05.50	514	26/09/19	Swim Bournemouth Club Championships	Bournemouth	SW192565	4
50 Breaststroke	38.14	39.00	411	29/01/22	Dorset County 2022 Championships & Age Group Comp	Littledown	SW220098	2
100 Breaststroke	1:20.54	1:22.10	464	02/02/19	Dorset 2019 Integrated Champs and Age Group Comp	Bournemouth	SW190087	2
200 Breaststroke	2:46.38	2:49.50	529	03/11/19	South West Region Winter SC Championships	Millfield	SW192612	2
50 Butterfly	31.53	32.10	462	20/05/21	Swim Bournemouth	Canford	LEX1199	0
100 Butterfly	1:10.10	1:11.20	458	15/01/22	Dorset County 2022 Championships & Age Group Comp	Littledown	SW220096	2
200 Butterfly	2:33.35	2:35.40	474	30/01/22	Dorset County 2022 Championships & Age Group Comp	Littledown	SW220098	2
50 Backstroke	33.03	33.60	446	20/05/21	Swim Bournemouth	Canford	LEX1199	0
100 Backstroke	1:10.12	1:11.30	479	02/02/20	Dorset 2020 Integrated Champs and Age Group Comp	Littledown	SW200145	2
200 Backstroke	2:26.88	2:29.10	531	06/11/21	SE South West Region SC Winter Championships	Millfield School	SW210937	2
200 Individual Medley	2:28.60	2:31.20	551	29/01/22	Dorset County 2022 Championships & Age Group Comp	Littledown	SW220098	2
400 Individual Medley	5:09.12	5:14.70	587	15/01/22	Dorset County 2022 Championships & Age Group Comp	Littledown	SW220096	2
100 Individual Medley	1:11.10	1:11.10	502	02/11/19	South West Region Winter SC Championships	Millfield	SW192612	2