

Individual Best Times (All Time)

Ashton Netherwood - (1314634) - Arun Tridents SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	26.40	25.60	496	25/02/24	Sussex County ASA County Championships	Crawley	SE240244	1
100 Freestyle	59.47	58.00	489	24/02/24	Sussex County ASA County Championships	Crawley	SE240244	1
200 Freestyle	2:17.82	2:15.30	405	25/02/23	Sussex County & Age Group Championships 2023	Crawley	SE230305	1
400 Freestyle	4:51.86	4:47.00	428	26/02/23	Sussex County & Age Group Championships 2023	Crawley	SE230305	1
800 Freestyle	10:12.08	10:02.60	403	06/01/23	Crawley Speedo New Year LC L3 Gala 2023	Crawley	SE230183	3
50 Breaststroke	43.40	42.70	213	26/02/22	Sussex County ASA County Championships	Crawley	SE220130	1
100 Breaststroke	1:34.00	1:32.60	221	08/01/22	Crawley Speedo New Year L3 Gala 2022	Crawley	SE220201	3
200 Breaststroke	3:26.87	3:24.30	223	27/02/22	Sussex County ASA County Championships	Crawley	SE220130	1
50 Butterfly	31.56	31.00	351	11/02/23	Sussex County & Age Group Championships 2023	Crawley	SE230304	1
100 Butterfly	1:10.61	1:09.50	343	26/02/23	Sussex County & Age Group Championships 2023	Crawley	SE230305	1
200 Butterfly	3:00.15	2:58.40	229	25/02/23	Sussex County & Age Group Championships 2023	Crawley	SE230305	1
50 Backstroke	32.94	32.30	365	26/02/23	Sussex County & Age Group Championships 2023	Crawley	SE230305	1
100 Backstroke	1:10.35	1:09.20	394	12/02/23	Sussex County & Age Group Championships 2023	Crawley	SE230304	1
200 Backstroke	2:36.48	2:34.30	365	11/02/23	Sussex County & Age Group Championships 2023	Crawley	SE230304	1
200 Individual Medley	2:39.09	2:36.60	367	12/02/23	Sussex County & Age Group Championships 2023	Crawley	SE230304	1
400 Individual Medley	5:44.64	5:39.50	348	11/02/23	Sussex County & Age Group Championships 2023	Crawley	SE230304	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.56	28.30	391	16/10/22	Sussex County ASA Winter Competition	Crawley	SE221628	2
100 Freestyle	1:00.39	1:01.80	409	09/12/23	National Arena Swimming League South R3 2023	Waterlooville	SE232576	3
200 Freestyle	2:15.14	2:17.70	397	15/10/22	Sussex County ASA Winter Competition	Crawley	SE221628	2
400 Freestyle	5:18.71	5:23.10	295	16/10/21	Sussex County ASA Winter Competition	Crawley	SE211129	2
800 Freestyle	12:10.35	12:18.20	223	16/11/19	Littlehampton 800m and 1500m Freestyle	Bognor Regis	SE193299	4
1500 Freestyle	21:48.47	22:04.20	271	31/12/21	Littlehampton SC Long Distance Club Championships	Arun LC	SE211478	4
50 Breaststroke	39.19	40.00	258	25/09/22	Littlehampton SC September Sizzler	Arun LC	SE220372	3
100 Breaststroke	1:29.31	1:30.70	237	09/07/22	Littlehampton SC Club Championships 2022	Bognor Regis	SE221133	4
200 Breaststroke	3:12.48	3:15.20	243	11/07/22	Littlehampton SC Club Championships 2022	Littlehampton	SE221135	4
50 Butterfly	31.98	32.60	314	15/10/22	Sussex County ASA Winter Competition	Crawley	SE221628	2
100 Butterfly	1:13.76	1:14.80	271	16/10/22	Sussex County ASA Winter Competition	Crawley	SE221628	2
200 Butterfly	2:50.00	2:51.90	248	15/10/22	Sussex County ASA Winter Competition	Crawley	SE221628	2
50 Backstroke	32.52	33.10	314	16/10/22	Sussex County ASA Winter Competition	Crawley	SE221628	2
100 Backstroke	1:09.55	1:10.70	335	08/10/22	National Arena Swim League South Round One	Amersham	SE222050	3
200 Backstroke	2:34.31	2:36.50	320	15/10/22	Sussex County ASA Winter Competition	Crawley	SE221628	2
200 Individual Medley	2:36.62	2:39.10	342	16/10/22	Sussex County ASA Winter Competition	Crawley	SE221628	2
400 Individual Medley	5:35.62	5:40.80	342	27/11/22	Atlantis SC Christmas Cracker 2022	Horsham	SE220762	3
100 Individual Medley	1:13.22	1:13.20	304	15/10/22	Sussex County ASA Winter Competition	Crawley	SE221628	2