

Individual Best Times (All Time)

Helena Ashby - (1515614) - Trident Swimming Club of East De

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.94	31.30	403	21/04/24	SE SWR Summer Championships 2024	Bristol	SW240586	1
100 Freestyle	1:13.92	1:12.80	342	25/02/24	Somerset ASA County Championships 2024	Millfield	SW240542	1
200 Freestyle	2:42.25	2:40.10	336	25/02/24	Somerset ASA County Championships 2024	Millfield	SW240542	1
1500 Freestyle	23:26.68	23:11.90	280	24/02/24	Somerset ASA County Championships 2024	Millfield	SW240542	1
50 Butterfly	36.04	35.50	311	14/01/24	Buxton LC Qualifier 2024	Derby	EM240028	3
50 Backstroke	39.38	38.90	317	14/01/24	Buxton LC Qualifier 2024	Derby	EM240028	3
100 Backstroke	1:21.66	1:20.70	346	27/04/24	SE SWR Summer Championships 2024	Millfield	SW240587	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	32.21	32.90	360	30/03/24	Yeovil & District Spring Fling Meet 2024	Millfield	SW240203	3
100 Freestyle	1:19.36	1:20.40	253	30/09/23	Somerset ASA Development Meet 2023	Millfield	SW231748	3
200 Freestyle	2:50.63	2:52.70	270	30/09/23	Somerset ASA Development Meet 2023	Millfield	SW231748	3
400 Freestyle	5:45.98	5:50.00	298	10/12/23	Plymouth Leander Christmas Open SC L3 2023	Plymouth	SW232226	3
800 Freestyle	12:05.15	12:13.10	285	10/12/23	Plymouth Leander Christmas Open SC L3 2023	Plymouth	SW232226	3
1500 Freestyle	23:09.94	23:24.70	279	17/11/23	Swim Bournemouth Winter Meet 2023	Littledown	SW231876	2
50 Breaststroke	56.17	56.70	128	14/05/23	Dorset County ASA Graded L4 Meet 2023	Dorchester	SW230695	4
50 Butterfly	36.85	37.40	289	30/03/24	Yeovil & District Spring Fling Meet 2024	Millfield	SW240203	3
50 Backstroke	41.73	42.20	221	08/07/23	Dorset County Development Meet 2023	Littledown	SW230755	3
100 Backstroke	1:20.70	1:21.70	314	30/03/24	Yeovil & District Spring Fling Meet 2024	Millfield	SW240203	3
200 Backstroke	3:00.35	3:02.20	286	07/10/23	Exeter City Lyndsay Powell Memorial Meet 2023	Plymouth	SW231387	2
200 Individual Medley	3:13.94	3:16.00	248	07/10/23	Exeter City Lyndsay Powell Memorial Meet 2023	Plymouth	SW231387	2
100 Individual Medley	1:29.83	1:29.80	248	15/10/23	Somerset ASA Team Relay & 100m IM Day 2023	Millfield	SW231699	2