

Individual Best Times (All Time)

Ashley Holness-Wright - (356424) - Watford SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	26.00	25.20	520	22/04/17	Wycombe District Long Course Sprint Meet	Wycombe	SE170721	3
100 Freestyle	57.83	56.40	532	14/05/17	Team Luton May Long Course Meet 2017	Luton	ER170349	1
200 Freestyle	2:22.15	2:19.70	369	31/10/10	Rushmoor Royals Open	Aldershot	SE0592	1
400 Freestyle	5:19.40	5:15.00	327	06/06/09	East Region BAGCATS	UEA Norwich	ERX913	1
50 Breaststroke	36.71	35.80	353	18/12/11	Hillingdon Winter Open Meet	Hillingdon	LR1382	1
100 Breaststroke	1:31.05	1:29.70	243	04/10/08	Crawley Early Bird Meet	Crawley	SE8419	1
200 Breaststroke	3:19.97	3:17.30	247	04/10/08	Crawley Early Bird Meet	Crawley	SE8419	1
50 Butterfly	27.16	26.50	551	01/05/17	ASA East Long Course Championships	Luton	ER170219	1
100 Butterfly	1:01.97	1:00.70	508	20/04/19	BPSC Easter Meet 2019	Basildon	ER190188	1
50 Backstroke	31.23	30.60	428	22/04/17	Wycombe District Long Course Sprint Meet	Wycombe	SE170721	3
100 Backstroke	1:07.50	1:06.30	446	30/03/19	Team Luton March Open Meet	Luton	ER190183	1
200 Backstroke	2:35.26	2:33.10	374	02/04/10	City of Norwich Easter Meet	Norwich	ER0186	1
200 Individual Medley	2:36.25	2:33.70	388	11/06/11	BG East Region Bagcat Championships	Norwich	ERX117	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	25.19	26.00	512	18/12/16	Hatfield Christmas Gala	Hatfield	ER162424	3
100 Freestyle	55.93	57.40	515	18/12/16	Hatfield Christmas Gala	Hatfield	ER162424	3
200 Freestyle	2:07.32	2:10.00	475	01/10/14	Watford SC Club Championships Distance 2014	Watford	ER14196	4
400 Freestyle	4:49.69	4:54.50	393	10/10/10	Watford Club Champs	Watford	ER0545	4
50 Breaststroke	33.86	34.80	400	28/06/15	The Terry Davies Alternative Nationals	Watford	ER150582	3
100 Breaststroke	1:15.42	1:17.10	393	25/11/17	Watford November 2017 County Qualifier	Garston	ER171250	3
200 Breaststroke	3:14.72	3:17.40	234	26/04/09	City of Milton Keynes Mt	Milton Keynes	SE9116	2
50 Butterfly	26.55	27.30	549	30/11/19	City of St Albans Winter Open Meet	St Albans	ER192653	3
100 Butterfly	59.82	1:01.10	509	30/11/19	City of St Albans Winter Open Meet	St Albans	ER192653	3
200 Butterfly	2:26.42	2:28.60	388	30/11/19	City of St Albans Winter Open Meet	St Albans	ER192653	3
50 Backstroke	29.64	30.30	415	27/06/15	The Terry Davies Alternative Nationals	Watford	ER150582	3
100 Backstroke	1:03.61	1:04.90	438	27/06/15	The Terry Davies Alternative Nationals	Watford	ER150582	3
200 Backstroke	2:20.69	2:23.00	423	03/07/15	Watford Club Championships 2015	Watford	ER151201	4
200 Individual Medley	2:22.99	2:25.70	450	03/07/15	Watford Club Championships 2015	Watford	ER151201	4
400 Individual Medley	5:34.13	5:39.40	347	24/04/10	City of Milton Keynes	Milton Keynes	SE0059	2
100 Individual Medley	1:04.34	1:04.30	449	18/06/17	The Terry Davies Alternative Nationals	Watford	ER170876	3