

Individual Best Times (All Time)

Ashley Trent - (399074) - City of Cambridge SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	26.76	26.00	477	08/02/15	UEA City of Norwich SC February Groundhog Meet	Norwich	ER150078	1
100 Freestyle	58.12	56.70	524	07/02/15	UEA City of Norwich SC February Groundhog Meet	Norwich	ER150078	1
200 Freestyle	2:06.34	2:03.60	526	07/12/13	ASA East Regionals Winter Championships	Norwich	ERX328	1
400 Freestyle	4:36.85	4:31.70	502	10/06/12	British Gas ASA East Region BAGCAT Champs	Norwich	ERX201	1
800 Freestyle	9:55.37	9:45.60	437	19/02/11	Suffolk County Championships	Norwich	CC1032	1
1500 Freestyle	17:57.43	17:38.10	528	09/06/12	British Gas ASA East Region BAGCAT Champs	Norwich	ERX201	1
50 Breaststroke	34.27	33.30	434	07/02/15	UEA City of Norwich SC February Groundhog Meet	Norwich	ER150078	1
100 Breaststroke	1:15.67	1:14.00	424	07/12/13	ASA East Regionals Winter Championships	Norwich	ERX328	1
200 Breaststroke	2:40.62	2:37.30	476	04/05/14	ASA East Region Youth Championships	Luton	ERX406	1
50 Butterfly	28.96	28.30	454	06/04/14	Derwentio Excel 8th LC Open Meet	Sheffield	EM4029	1
100 Butterfly	1:04.87	1:03.70	442	29/03/13	City of Norwich SC Easter Meet 2013	Norwich	ER3006	1
50 Backstroke	30.87	30.20	443	08/02/15	UEA City of Norwich SC February Groundhog Meet	Norwich	ER150078	1
100 Backstroke	1:06.22	1:05.00	473	25/01/14	Central Zonal Meet 2014	Corby	ZM4179	1
200 Backstroke	2:26.46	2:24.20	446	07/12/13	ASA East Regionals Winter Championships	Norwich	ERX328	1
200 Individual Medley	2:21.51	2:18.70	522	04/05/13	ASA East Region Youth Championships	Luton	ERX312	1
400 Individual Medley	5:10.17	5:04.50	477	02/06/12	British Gas ASA East Region BAGCAT Champs	Norwich	ERX201	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	25.19	26.00	512	10/11/18	BUCS Short Course Swimming Championships 2018	Sheffield	NE182328	2
100 Freestyle	55.54	57.00	526	07/12/14	ASA East Region Winter Championships	Luton	ERX432	2
200 Freestyle	2:02.53	2:05.30	533	01/11/14	City of Norwich Big Bang Meet	Norwich	ER14144	2
400 Freestyle	4:20.17	4:25.50	542	10/01/14	City of Cambridge Winter Meet	Cambridge	ER4160	2
50 Breaststroke	31.87	32.80	479	10/11/18	BUCS Short Course Swimming Championships 2018	Sheffield	NE182328	2
100 Breaststroke	1:10.73	1:12.50	477	06/12/14	ASA East Region Winter Championships	Luton	ERX432	2
200 Breaststroke	2:32.22	2:35.60	491	01/11/14	City of Norwich Big Bang Meet	Norwich	ER14144	2
50 Butterfly	27.54	28.20	492	12/11/17	BUCS Short Course Swimming Championships	Sheffield	NE172398	2
100 Butterfly	1:01.96	1:03.20	458	02/11/14	City of Norwich Big Bang Meet	Norwich	ER14144	2
200 Butterfly	2:26.47	2:28.60	388	05/10/13	City of Cambridge Club Championships	Cambridge	ER3638	4
50 Backstroke	30.83	31.50	368	14/07/13	City of Cambridge Summer Open Meet	Cambridge	ER3459	3
100 Backstroke	1:02.92	1:04.20	453	06/12/14	ASA East Region Winter Championships	Luton	ERX432	2
200 Backstroke	2:17.42	2:19.80	454	03/11/13	Teamipswich Swimming November Open Meet	Ipswich	ER3536	3
200 Individual Medley	2:16.97	2:19.80	512	07/03/15	Cambridgeshire ASA County Championships	Peterborough	CC150083	2
400 Individual Medley	4:55.96	5:01.80	499	10/05/13	West Suffolk SC Open Meet	Bury St Edmunds	ER3267	3
100 Individual Medley	1:05.36	1:05.40	428	22/03/14	Cambridgeshire ASA County Championships	Peterborough	CC4111	2