

Individual Best Times (All Time)

Ashleigh Aslett - (893420) - Portsmouth Northsea SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.63	28.90	505	16/07/16	Portsmouth Northsea End of Season Meet	Portsmouth	SE160364	3
100 Freestyle	1:07.91	1:06.70	441	26/03/16	Portsmouth Northsea Easter Festival	Portsmouth	SE160363	1
200 Freestyle	2:29.57	2:27.20	429	11/01/15	Portsmouth Northsea January L1 Meet	Portsmouth	SE150137	1
400 Freestyle	5:03.07	4:58.40	468	20/07/14	Portsmouth Northsea SC PN End of Season Meet	Portsmouth	SE4226	3
50 Breaststroke	34.91	34.00	582	07/05/18	Swim England South East Championships 2018	Wycombe	SE181206	1
100 Breaststroke	1:17.71	1:16.10	562	13/07/19	Portsmouth Northsea End of Season Meet 2019	Mountbatten SC	SE191275	3
200 Breaststroke	2:52.55	2:49.50	506	14/07/19	Portsmouth Northsea End of Season Meet 2019	Mountbatten SC	SE191275	3
50 Butterfly	31.82	31.20	452	12/02/17	Hampshire County Swimming Championships 2017	Portsmouth	SE170466	1
100 Butterfly	1:12.08	1:11.00	456	14/04/17	PNSC Easter Meet	Portsmouth	SE170397	1
50 Backstroke	33.38	32.80	521	15/12/18	Portsmouth Northsea Christmas Meet 2018	Mountbatten SC	SE182213	3
100 Backstroke	1:14.85	1:13.80	449	25/03/16	Portsmouth Northsea Easter Festival	Portsmouth	SE160363	1
200 Backstroke	2:44.60	2:42.60	418	19/04/14	Portsmouth Northsea Easter Swim Festival	Portsmouth	SE4255	1
200 Individual Medley	2:36.34	2:33.80	524	21/04/19	Portsmouth Northsea Easter Meet	Mountbatten SC	SE190069	1
400 Individual Medley	5:39.04	5:33.80	482	27/03/16	Portsmouth Northsea Easter Festival	Portsmouth	SE160363	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.03	29.70	492	30/10/16	First Chance County Qualifier	Portsmouth	SE162339	3
100 Freestyle	1:06.62	1:07.90	429	07/01/17	Fareham Nomads Last Chance County Qualifier	Southampton	SE170268	3
200 Freestyle	2:22.21	2:24.60	466	25/10/14	Portsmouth Northsea Halloween Meet	Portsmouth	SE14424	3
400 Freestyle	5:03.66	5:08.30	441	18/10/13	Portsmouth Northsea Halloween Level 3 Meet	Portsmouth	SE3792	3
800 Freestyle	10:04.24	10:13.70	493	19/12/14	Portsmouth Northsea Level 4 Time Trials	Portsmouth	SE14367	4
50 Breaststroke	34.33	35.20	564	05/10/19	Portsmouth Northsea Club Championships 2019	Portsmouth	SE192913	4
100 Breaststroke	1:15.88	1:17.50	555	09/02/19	Hampshire County ASA Championships 2019	Portsmouth	SE190344	2
200 Breaststroke	2:45.32	2:48.50	539	05/10/19	Portsmouth Northsea Club Championships 2019	Portsmouth	SE192913	4
50 Butterfly	31.11	31.70	481	06/10/19	Portsmouth Northsea Club Championships 2019	Portsmouth	SE192913	4
100 Butterfly	1:09.68	1:10.80	466	28/10/18	Portsmouth Northsea First Chance County Qualifier	Mountbatten sc	SE182159	3
200 Butterfly	2:43.03	2:45.00	394	25/09/15	Portsmouth Northsea Club Championships 2015	Portsmouth	SE151952	4
50 Backstroke	31.96	32.60	493	30/10/16	First Chance County Qualifier	Portsmouth	SE162339	3
100 Backstroke	1:09.77	1:10.90	486	30/10/16	First Chance County Qualifier	Portsmouth	SE162339	3
200 Backstroke	2:39.01	2:41.10	418	25/10/14	Portsmouth Northsea Halloween Meet	Portsmouth	SE14424	3
200 Individual Medley	2:33.15	2:35.70	503	06/10/19	Portsmouth Northsea Club Championships 2019	Portsmouth	SE192913	4
400 Individual Medley	5:30.08	5:35.40	482	28/11/15	Portsmouth Northsea Christmas Cracker 2015	Portsmouth	SE152322	3
100 Individual Medley	1:10.26	1:10.30	520	05/10/19	Portsmouth Northsea Club Championships 2019	Portsmouth	SE192913	4