

Individual Best Times (All Time)

Ashleigh Rayment - (909225) - City of Southampton SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.89	29.20	492	22/10/16	Neath Level 1 Open Meet	Swansea	WL160590	1
100 Freestyle	1:06.03	1:04.80	480	15/05/16	City of Swansea Long Course Meet 2016	Swansea	WL160621	1
200 Freestyle	2:36.83	2:34.60	372	17/05/14	Swim Swansea Long Course Meet 2014	Swansea	WAL568	1
50 Butterfly	31.02	30.40	488	30/04/16	ASA South East Region Swimming Championships	Portsmouth	SE160990	1
100 Butterfly	1:10.27	1:09.20	492	16/05/15	Swim Swansea Open Meet	Swansea	WL150504	1
200 Butterfly	2:46.47	2:44.60	391	11/04/15	Derwentio Excel 9th Open Meet	Sheffield	EM150029	1
50 Backstroke	34.37	33.80	477	10/04/16	Derwentio Excel 10th Open Meet 2016	Sheffield	EM160046	1
100 Backstroke	1:15.15	1:14.10	443	22/10/16	Neath Level 1 Open Meet	Swansea	WL160590	1
200 Backstroke	2:46.22	2:44.20	406	12/04/15	Derwentio Excel 9th Open Meet	Sheffield	EM150029	1
200 Individual Medley	2:50.09	2:47.80	407	24/10/15	Neath ASC Open Meet 2015	Swansea	WL151129	1
400 Individual Medley	6:04.57	5:59.70	387	28/02/15	Hampshire County ASA Championships	Portsmouth	CC150863	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.92	29.60	498	02/04/16	Swim Bournemouth Spring L2 Open Meet	Bournemouth	SW160342	2
100 Freestyle	1:02.70	1:04.00	514	02/04/16	Swim Bournemouth Spring L2 Open Meet	Bournemouth	SW160342	2
200 Freestyle	2:22.56	2:25.00	463	13/03/16	16th City of Southampton Open Meet	Southampton	SE160008	2
400 Freestyle	5:11.81	5:16.30	408	03/11/15	City of Southampton SC Club Championships	Southampton	SE151026	4
50 Breaststroke	40.74	41.50	337	05/10/14	14th James Moreno Open Meet	Southampton	SE4380	2
100 Breaststroke	1:30.56	1:31.90	326	14/12/14	5th CO Southampton Christmas Open Meet	Southampton	SE4382	3
200 Breaststroke	3:42.31	3:44.70	221	07/02/13	City of Southampton Closed Championships	Southampton	SE3004	4
50 Butterfly	30.74	31.40	498	30/10/16	City of Southampton Club Championships	Southampton	SE160929	4
100 Butterfly	1:09.62	1:10.70	467	26/06/16	Hampshire & IOW SSA Annual Swimming Gala 2016	Portsmouth	SE160973	2
200 Butterfly	2:41.54	2:43.50	405	29/10/14	City of Southampton Club Championships	Southampton	SE4383	4
50 Backstroke	33.20	33.80	439	30/10/16	City of Southampton Club Championships	Southampton	SE160929	4
100 Backstroke	1:11.21	1:12.30	457	02/04/16	Swim Bournemouth Spring L2 Open Meet	Bournemouth	SW160342	2
200 Backstroke	2:33.18	2:35.30	468	30/10/16	City of Southampton Club Championships	Southampton	SE160929	4
200 Individual Medley	2:40.87	2:43.30	434	02/04/16	Swim Bournemouth Spring L2 Open Meet	Bournemouth	SW160342	2
400 Individual Medley	5:43.31	5:48.40	429	29/10/14	City of Southampton Club Championships	Southampton	SE4383	4
100 Individual Medley	1:15.98	1:16.00	411	29/10/14	City of Southampton Club Championships	Southampton	SE4383	4