

# Individual Best Times (All Time)

Ashley Holness-Wright - (356424) - Watford SC - 50 Freestyle - Long Course

Performance Graph

Drag to Zoom, right click to reset.

## Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
26.00	520	F	22/04/17	Wycombe District Long Course Sprint Meet	Wycombe	Watford SC	3
26.07	515	H	13/05/17	Team Luton May Long Course Meet 2017	Luton	Watford SC	1
26.30	502	H	04/11/17	East Region Winter Championships	Norwich	Watford SC	1
26.31	501	H	20/04/19	BPSC Easter Meet 2019	Basildon	Watford SC	1
26.42	495	H	31/03/13	City of Norwich SC Easter Meet 2013	Norwich	Watford SC	1
26.42	495	H	20/04/14	UEA City of Norwich Easter LC Meet 2014	Norwich	Watford SC	1
26.50	491	H	26/05/18	London Swimming 2018 Long Course Summer Open	London	Watford SC	1
26.61	485	H	16/12/12	Basildon & Phoenix LC Winter Meet	Basildon	Watford SC	1
26.69	480	H	26/01/13	ASA Central Region Zonal Competition	Corby	Watford SC	1
26.73	478	F	11/03/18	WDSC Long Course Premier Open Meet	Wycombe	Watford SC	1
26.80	474	H	12/05/18	BPSC Spring Long Course Event 2018	Basildon	Watford SC	1
26.83	473	H	07/12/13	ASA East Regionals Winter Championships	Norwich	Watford SC	1
26.83	473	H	25/05/14	Team Luton Last Chance National Qualifier 2014	Luton	Watford SC	1
26.90	469	H	21/12/13	Basildon & Phoenix Winter Long Course Meet	Basildon	Watford SC	1
26.93	468	H	04/05/14	ASA East Region Youth Championships	Luton	Watford SC	1
26.97	466	H	07/04/12	UEA City of Norwich Easter Meet	Norwich	Watford SC	1
27.08	460	F	18/12/11	Hillingdon Winter Open Meet	Hillingdon	Watford SC	1
27.15	456	H	11/04/15	Team Luton April Long Course Meet	Luton	Watford SC	1
27.89	421	H	30/10/10	Rushmoor Royals Open	Aldershot	Watford SC	1
27.99	416	F	21/11/10	Crawley Not So Early Bird	Crawley	Watford SC	1
28.63	389	H	03/04/10	City of Norwich Easter Meet	Norwich	Watford SC	1
31.07	304		04/10/08	Crawley Early Bird Meet	Crawley	Watford SC	1
31.15	302	H	21/12/08	City of Leeds Xmas Cracker	Leeds	Watford SC	1
33.71	238	H	24/11/07	City of Coventry Nov Open	Coventry	Watford SC	1
34.10	230		14/12/07	Plymouth Long Course Open	Millfield	Watford SC	1

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