

Individual Best Times (All Time)

Ashley Holness-Wright - (356424) - Watford SC - 100 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
57.83	532	H	14/05/17	Team Luton May Long Course Meet 2017	Luton	Watford SC	1
58.64	510	H	05/11/17	East Region Winter Championships	Norwich	Watford SC	1
58.75	507	H	16/04/17	Team Luton April Long Course Meet 2017	Luton	Watford SC	1
58.77	506	F	22/04/17	Wycombe District Long Course Sprint Meet	Wycombe	Watford SC	3
59.58	486	H	27/05/18	London Swimming 2018 Long Course Summer Open	London	Watford SC	1
59.72	483	F	14/03/20	2020 Wycombe Long Course Premier Meet	Wycombe	Watford SC	1
59.86	479	H	25/05/14	Team Luton Last Chance National Qualifier 2014	Luton	Watford SC	1
1:00.13	473	F	11/03/17	Wycombe Long Course Premier Open Meet	Wycombe	Watford SC	1
1:00.14	473	H	21/04/19	BPSC Easter Meet 2019	Basildon	Watford SC	1
1:00.25	470	H	13/05/18	BPSC Spring Long Course Event 2018	Basildon	Watford SC	1
1:00.33	468	H	05/06/11	BG East Region Bagcat Championships	Norwich	Watford SC	1
1:00.34	468	H	15/12/12	Basildon & Phoenix LC Winter Meet	Basildon	Watford SC	1
1:00.81	457	H	19/01/13	Killerwhales SC Winter Open Meet	Basildon	Watford SC	1
1:01.19	449	F	17/12/11	Hillingdon Winter Open Meet	Hillingdon	Watford SC	1
1:02.10	429	F	20/11/10	Crawley Not So Early Bird	Crawley	Watford SC	1
1:02.27	426	H	06/06/10	BG East Region Bagcats	Norwich	Watford SC	1
1:02.84	414	H	09/05/10	Beckenham Open	London	Watford SC	1
1:03.48	402	H	04/04/10	City of Norwich Easter Meet	Norwich	Watford SC	1
1:05.64	363		05/12/09	Northampton Winter Meet	Corby	Watford SC	1
1:06.06	356	H	20/12/09	Leeds Christmas Cracker	Leeds	Watford SC	1
1:06.10	356	F	21/11/09	Crawley Not So Early Bird	Crawley	Watford SC	1
1:08.27	323	H	07/06/09	East Region BAGCATS	UEA Norwich	Watford SC	1
1:10.75	290		04/10/08	Crawley Early Bird Meet	Crawley	Watford SC	1
1:10.76	290		07/12/08	Plymouth Leander Open	Millfield School	Watford SC	1
1:10.79	290	H	08/06/08	East Region Bagcat Champs	Norwich	Watford SC	1
1:11.58	280	H	21/12/08	City of Leeds Xmas Cracker	Leeds	Watford SC	1
1:17.05	234	H	03/06/07	East Region BAGCAT Champs	Norwich	Watford SC	1

1:17.05	224	H	03/06/07	East Region BAGCAT Champs	Norwich	Watford SC	1
1:18.95	209	H	24/11/07	City of Coventry Nov Open	Coventry	Watford SC	1

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