

# Individual Best Times (All Time)

Ashley Holness-Wright - (356424) - Watford SC - 50 Backstroke - Short 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
29.64	415	F	27/06/15	The Terry Davies Alternative Nationals	Watford	Watford SC	3
29.66	414	F	01/07/15	Watford Club Championships 2015	Watford	Watford SC	4
29.73	411	F	29/09/19	Watford Club Championships 2019	Watford	Watford SC	4
29.73	411	F	01/12/19	City of St Albans Winter Open Meet	St Albans	Watford SC	3
29.88	405	F	22/06/19	The Terry Davies Alternative Nationals	Woodside	Watford SC	3
30.01	399	F	18/01/15	Watford County Qualifier Open Meet	Watford	Watford SC	3
30.05	398	F	19/03/17	Watford Regional Qualifier	Watford	Watford SC	3
30.05	398	H	04/11/18	Swim England East Region Short Course Championship	Luton	Watford SC	2
30.09	396	H	18/12/16	Hatfield Christmas Gala	Hatfield		3
30.14	394	H	03/11/19	Swim England East Region Short Course Champs 2019	Basildon	Watford SC	2
30.16	393	H	26/01/19	SE Hertfordshire County Champs & Age Group Comp	Borehamwood	Watford SC	2
30.17	393	F	17/06/17	The Terry Davies Alternative Nationals	Watford	Watford SC	3
30.20	392	F	04/03/18	Watford Regional Qualifier	Watford	Watford SC	3
30.26	390	H	28/01/17	Herts County Champs & Age Group Champs	Borehamwood	Watford SC	2
30.26	390	F	17/03/19	Watford Regional Qualifier 2019	Garston	Watford SC	3
30.33	387	F	22/03/15	Hertfordshire County Championships	Borehamwood	Watford SC	2
30.52	380	F	26/11/17	Watford November 2017 County Qualifier	Garston	Watford SC	3
30.59	377	F	10/07/16	Watford SC Sprint Club Championships 2016	Watford	Watford SC	4
30.78	370	F	16/07/14	Watford SC Club Championships Sprints 2014	Watford	Watford SC	4
30.80	369	H	22/07/18	Putteridge L2 Inaugural Alternative Nationals	Luton	Watford SC	2
30.82	369	F	24/03/13	Hertfordshire County Championships	Borehamwood	Watford SC	2
30.82	369	F	23/11/14	Watford MD & Sprints Open Meet	Watford	Watford SC	3
30.86	367	F	23/11/13	Hatfield Winter Gala 2013	Hatfield	Watford SC	3
30.91	365	F	19/01/14	Watford County Qualifier Open Meet	Watford	Watford SC	3
31.15	357	F	27/11/11	Watford Middle Distance & Sprint Open	Watford	Watford SC	3
31.22	355	F	28/06/14	WSC Terry Davies Alternative Nationals	Watford	Watford SC	3
31.24	354	F	25/02/19	Hertfordshire ASA County Championships	Borehamwood	Watford SC	2

31.24	334	F	23/03/12	Hertfordshire ASA County Championships	Borehamwood	Watford SC	2
31.29	352	F	04/02/12	Hatfield UKC Valentines Meet	Hatfield	Watford SC	2
31.32	351	F	09/12/18	Hemel Hempstead Alan Doyle Memorial Sprint Meet	Hemel Hempstead	Watford SC	3
31.34	351	F	11/10/12	Watford SC Club Championships 2012	Watford	Watford SC	4
31.42	348	F	15/01/12	Watford County Qualifier Meet	Watford	Watford SC	3
31.53	344	F	14/10/11	Watford Club Championships	Watford	Watford SC	4
31.81	335	F	09/07/11	Watford SC Alternative Nationals Open	Watford	Watford SC	3
32.14	325	F	05/02/11	Hatfield Uk Challenge Valentines Meet 2011	Hatfield	Watford SC	2
32.48	315		06/10/10	Watford Club Champs	Watford	Watford SC	4
32.62	311	F	20/03/11	Hertfordshire County Championships	Borehamwood	Watford SC	2
32.71	308	F	09/04/11	City of Milton Keynes Spring Open Gala	Bletchley	Watford SC	2
32.77	307	F	07/05/11	Stevenage SC May Open Meet	Stevenage	Watford SC	3
33.03	299	F	20/03/10	Hertfordshire Champs	Borehamwood	Watford SC	2
33.06	299	F	16/10/10	Hemel Hempstead Birthday	Hemel Hempstead	Watford SC	3
33.29	292		28/11/10	Watford Middle Distance	Watford	Watford SC	2
33.62	284	F	20/03/10	Hertfordshire Champs	Borehamwood	Watford SC	2
33.94	276		16/01/10	Watford County Qualifier	Watford	Watford SC	3
35.11	249		14/10/09	Watford Club Champs	Watford	Watford SC	4
35.17	248		09/03/09	Hertfordshire Champs	Borehamwood	Watford SC	2
35.73	236		09/03/09	Hertfordshire Champs	Borehamwood	Watford SC	2
36.13	229		24/01/09	Biggleswade Open Meet	Biggleswade	Watford SC	2
36.26	226	H	27/11/10	Beckenham Rising Stars	Croydon	Watford SC	3
37.80	200		01/03/08	Hertfordshire C Champs	Borehamwood	Watford SC	2
37.90	198		01/03/08	Hertfordshire C Champs	Borehamwood	Watford SC	2
38.02	196	H	13/04/08	Luton Short Course Open	Barnet	Watford SC	2
38.61	187		26/01/08	Biggleswade Open Meet	Biggleswade	Watford SC	2
41.46	151	H	15/04/07	Luton Open Meet	Barnet	Watford SC	2
41.82	147		10/03/07	Hertfordshire Champs	Borehamwood	Watford SC	2
44.47	122	H	20/01/07	Biggleswade 8th Open Meet	Biggleswade	Watford SC	2

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