

Individual Best Times (All Time)

Ashley Holness-Wright - (356424) - Watford SC - 100 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
1:03.61	438	F	27/06/15	The Terry Davies Alternative Nationals	Watford	Watford SC	3
1:03.94	431	F	18/11/18	Watford November 2018 County Qualifier	Garston	Watford SC	3
1:04.05	429	F	02/07/15	Watford Club Championships 2015	Watford	Watford SC	4
1:04.17	427	F	20/11/16	Watford November 2016 County Qualifier	Garston	Watford SC	3
1:04.50	420	F	17/06/17	The Terry Davies Alternative Nationals	Watford	Watford SC	3
1:04.69	417	F	04/03/18	Watford Regional Qualifier	Watford	Watford SC	3
1:04.91	412	F	19/03/17	Watford Regional Qualifier	Watford	Watford SC	3
1:05.02	410	F	01/12/19	City of St Albans Winter Open Meet	St Albans	Watford SC	3
1:05.11	408	F	22/06/19	The Terry Davies Alternative Nationals	Woodside	Watford SC	3
1:05.12	408	H	23/06/18	Hatfield Summer Meet 2018	Herts Sports Village	Watford SC	2
1:05.56	400	F	07/10/18	Harpenden Legacy Meet	Westminster Lodge	Watford SC	3
1:05.61	399	F	12/09/18	Watford Club Championships 2018	Garston	Watford SC	4
1:05.65	398	H	22/07/18	Putteridge L2 Inaugural Alternative Nationals	Luton	Watford SC	2
1:06.54	383	F	18/01/15	Watford County Qualifier Open Meet	Watford	Watford SC	3
1:06.54	383	H	03/11/18	Swim England East Region Short Course Championship	Luton	Watford SC	2
1:06.64	381	H	02/11/19	Swim England East Region Short Course Champs 2019	Basildon	Watford SC	2
1:07.08	373	F	17/03/19	Watford Regional Qualifier 2019	Garston	Watford SC	3
1:07.14	372	H	19/01/19	SE Hertfordshire County Champs & Age Group Comp	Borehamwood	Watford SC	2
1:07.22	371	F	05/10/11	Watford Club Championships	Watford	Watford SC	4
1:07.23	371	F	13/12/14	NASL London Rounds Premier Division	Hatfield	Watford SC	2
1:07.29	370	F	26/11/11	Hatfield UKC Winter Wonderland Meet 2011	Hatfield	Watford SC	3
1:07.36	369	F	15/01/12	Watford County Qualifier Meet	Watford	Watford SC	3
1:07.43	368	F	06/07/14	Watford Club Championships	Watford	Watford SC	4
1:07.48	367	F	26/11/17	Watford November 2017 County Qualifier	Garston	Watford SC	3
1:07.54	366	H	21/01/17	Herts County Champs & Age Group Champs	Borehamwood	Watford SC	2
1:07.57	365	H	14/05/11	Hatfield UK Challenge 2011	Hatfield	Watford SC	2
1:07.68	364	F	24/04/11	Reading Easter Open Swim Meet 2011	Reading	Watford SC	3

1:07.00	304	F	24/04/11	Reading Easter Open Swim Meet 2011	Reading	Watford SC	2
1:08.47	351	F	24/03/12	Hertfordshire ASA County Championships	Borehamwood	Watford SC	2
1:08.73	347	F	18/06/11	Maxwell Summer Meet	Aylesbury	Watford SC	3
1:09.04	343	F	09/07/11	Watford SC Alternative Nationals Open	Watford	Watford SC	3
1:09.33	338	F	08/10/16	NASL London	Watford	Watford SC	3
1:09.34	338	H	16/05/10	Hatfield UK Challenge	Hatfield	Watford SC	2
1:09.35	338	H	24/04/11	Reading Easter Open Swim Meet 2011	Reading	Watford SC	2
1:09.59	334		25/04/10	City of Milton Keynes	Milton Keynes	Watford SC	2
1:09.64	334	F	08/05/11	Stevenage SC May Open Meet	Stevenage	Watford SC	3
1:09.82	331	F	19/03/11	Hertfordshire County Championships	Borehamwood	Watford SC	2
1:10.00	329	F	20/03/10	Hertfordshire Champs	Borehamwood	Watford SC	2
1:10.55	321		29/09/10	Watford Club Champs	Watford	Watford SC	4
1:10.97	315	F	23/11/13	Hatfield Winter Gala 2013	Hatfield	Watford SC	3
1:11.25	312		23/01/10	Maxwell January Meet	Aylesbury	Watford SC	2
1:11.30	311	F	20/03/10	Hertfordshire Champs	Borehamwood	Watford SC	2
1:11.70	306	F	05/02/11	Hatfield Uk Challenge Valentines Meet 2011	Hatfield	Watford SC	2
1:11.74	305		16/01/10	Watford County Qualifier	Watford	Watford SC	3
1:11.91	303	H	10/04/10	Luton Short Course Meet	Barnet	Watford SC	2
1:12.63	294	F	16/10/10	Hemel Hempstead Birthday	Hemel Hempstead	Watford SC	3
1:12.74	293		28/03/10	Watford Easter Open Meet	Watford	Watford SC	2
1:16.03	256		07/10/09	Watford Club Champs	Watford	Watford SC	4
1:16.71	250		17/10/09	Hemel Hempstead Birthday	Hemel Hempstead	Watford SC	3
1:16.78	249		25/01/09	Biggleswade Open Meet	Biggleswade	Watford SC	2
1:16.84	248	H	27/11/10	Beckenham Rising Stars	Croydon	Watford SC	3
1:17.12	246		12/03/09	Hertfordshire Champs	Borehamwood	Watford SC	2
1:17.50	242		17/05/09	Hatfield UK Challenge 2009	Herts Sports Village	Watford SC	1
1:17.88	238		01/11/08	Hemel Hempstead Birthday	Hemel Hempstead	Watford SC	4
1:18.37	234		12/03/09	Hertfordshire Champs	Borehamwood	Watford SC	2
1:21.42	209	H	12/04/08	Luton Short Course Open	Barnet	Watford SC	2
1:23.15	196		26/01/08	Biggleswade Open Meet	Biggleswade	Watford SC	2
1:27.46	168		29/09/07	Maxwell Autumn Meet	Aylesbury	Watford SC	3
1:31.43	147		06/04/07	Reading Easter Open	Reading	Watford SC	2
1:33.15	139	H	21/01/07	Biggleswade 8th Open Meet	Biggleswade	Watford SC	2

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