

Individual Best Times (All Time)

Ashley Holness-Wright - (356424) - Watford SC - 400 Individual Medley - 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
5:34.13	347		24/04/10	City of Milton Keynes	Milton Keynes	Watford SC	2
5:39.37	331	F	06/03/10	Hertfordshire County Meet	Borehamwood	Watford SC	2
5:39.69	330	H	11/04/10	Luton Short Course Meet	Barnet	Watford SC	2
5:41.04	326		11/10/09	Watford Club Champs	Watford	Watford SC	4
5:46.79	310		28/11/09	Watford Middle Distance	Watford	Watford SC	2
6:34.24	211		26/04/08	MK Last Chance Regional Q	Milton Keynes	Watford SC	2

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