

Individual Best Times (All Time)

Romilly Ashworth - (1252275) - Camden Swiss Cottage SC

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	36.50	37.10	247	12/06/16	Barnet Coptall Kate Lack Trophy Meet	London	LR160993	3
100 Freestyle	1:25.48	1:26.50	203	12/06/16	Barnet Coptall Kate Lack Trophy Meet	London	LR160993	3
200 Freestyle	3:02.14	3:04.00	222	05/03/16	Borough of Harrow Regional Qualifier 2016	Barnet	LR160417	3
50 Breaststroke	48.25	48.90	203	05/03/16	Borough of Harrow Regional Qualifier 2016	Barnet	LR160417	3
100 Breaststroke	1:49.50	1:50.60	184	12/06/16	Barnet Coptall Kate Lack Trophy Meet	London	LR160993	3
50 Butterfly	46.21	46.60	146	24/04/16	Camden Novices Club Championships	Camden	LR160761	4
100 Butterfly	1:54.42	1:55.10	105	05/03/16	Borough of Harrow Regional Qualifier 2016	Barnet	LR160417	3
50 Backstroke	47.27	47.70	152	24/04/16	Camden Novices Club Championships	Camden	LR160761	4
100 Backstroke	1:42.54	1:43.30	153	01/11/15	Ealing November Open Meet	Northolt	LR150789	3
100 Individual Medley	1:46.08	1:46.10	151	16/05/15	Windsor Level 3 Meet	Maidenhead	SE150556	3