

Individual Best Times (All Time)

Clare Ashmore - (142432) - Braunstone SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.45	28.70	515	22/05/10	Millfield Meet of Legends	Millfield	SW0189	1
100 Freestyle	1:01.42	1:00.00	596	27/02/10	Leicestershire Champs	Loughborough	CC0105	1
200 Freestyle	2:09.35	2:06.60	664	07/03/10	Leicestershire Champs	Loughborough	CC0106	1
400 Freestyle	4:27.93	4:22.60	678	02/05/10	Midland Youth Champs	Coventry	WMR014	1
800 Freestyle	9:32.65	9:22.50	606	11/05/08	East Midland Distance TT	Loughborough	EM8343	2
100 Breaststroke	1:23.24	1:21.70	457	03/03/07	Leicestershire Champs	Loughborough	CC7028	2
200 Breaststroke	3:27.10	3:24.50	292	26/02/05	Leicestershire County Champs	Loughborough	CCM559	1
50 Butterfly	31.15	30.50	482	03/05/09	The Midlands Youth Champs	Coventry	WMR915	1
100 Butterfly	1:05.47	1:04.30	608	01/05/10	Midland Youth Champs	Coventry	WMR014	1
200 Butterfly	2:21.58	2:19.30	636	02/05/10	Midland Youth Champs	Coventry	WMR014	1
100 Backstroke	1:12.99	1:11.90	484	17/10/09	Lincoln Vulcans Open Meet	Sheffield	EM9306	1
200 Backstroke	2:34.32	2:32.10	508	25/02/07	Leicestershire Champs	Loughborough	CC7027	2
200 Individual Medley	2:26.57	2:23.90	637	31/05/09	Sheffield No Frills Meet	Sheffield	NE9039	1
400 Individual Medley	4:59.93	4:54.00	696	01/05/10	Midland Youth Champs	Coventry	WMR014	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.34	29.10	529	15/03/08	Leicestershire Champs	Braunstone	CC8051	2
100 Freestyle	1:02.02	1:03.40	531	01/02/09	Staffs Junior Inter County	Stoke on Trent	WM9024	2
200 Freestyle	2:07.25	2:09.90	651	07/11/09	Midland SC Champs 2009	Corby	WMR928	2
400 Freestyle	4:22.93	4:28.20	680	06/12/09	City of Leicester Distance	Leicester	EM9310	2
800 Freestyle	9:01.08	9:11.60	686	15/03/08	Leicestershire Champs	Braunstone	CC8051	2
50 Breaststroke	36.96	37.80	452	15/03/09	Leicestershire Champs	Braunstone	CC9055	2
100 Breaststroke	1:30.45	1:31.80	327	08/04/06	Peterborough Open	Peterborough	ER6012	2
200 Breaststroke	3:00.30	3:03.20	415	18/11/06	Mansfield Major Oak Open	Mansfield	EM6147	2
50 Butterfly	30.30	30.90	520	15/03/09	Leicestershire Champs	Braunstone	CC9055	2
100 Butterfly	1:05.01	1:06.20	574	24/04/10	Leicester Age Groups	Braunstone	EM0039	2
200 Butterfly	2:19.17	2:21.40	634	24/04/10	Leicester Age Groups	Braunstone	EM0039	2
50 Backstroke	32.58	33.20	465	14/03/09	Leicestershire Champs	Braunstone	CC9055	2
100 Backstroke	1:10.71	1:11.80	467	01/02/09	Staffs Junior Inter County	Stoke on Trent	WM9024	2
200 Backstroke	2:41.67	2:43.70	398	22/04/06	Rugby Open Meet	Rugby	WM6046	2
200 Individual Medley	2:24.09	2:26.80	604	24/04/10	Leicester Age Groups	Braunstone	EM0039	2
400 Individual Medley	4:58.25	5:04.10	654	23/04/10	Leicester Age Groups	Braunstone	EM0039	2
100 Individual Medley	1:08.47	1:08.50	562	15/03/09	Leicestershire Champs	Braunstone	CC9055	2