

Individual Best Times (All Time)

Clare Ashworth - (896374) - Maxwell SC

Long Course

| Stroke | LC Time | Converted to SC | LC WA Pts | Date | Meet | Venue | Licence | Level |
|-----------------------|---------|-----------------|-----------|----------|---|---------------|----------|-------|
| 50 Freestyle | 30.36 | 29.70 | 470 | 16/07/16 | Wycombe District End of Season Open Meet 2016 | Wycombe | SE160109 | 3 |
| 100 Freestyle | 1:06.45 | 1:05.20 | 471 | 08/04/18 | City of Bristol International Open Meet | Hengrove Park | SW180691 | 1 |
| 200 Freestyle | 2:26.32 | 2:23.90 | 458 | 07/04/18 | City of Bristol International Open Meet | Hengrove Park | SW180691 | 1 |
| 50 Butterfly | 31.82 | 31.20 | 452 | 29/04/17 | ASA South East Region Championships 2017 | Wycombe | SE170865 | 1 |
| 100 Butterfly | 1:11.84 | 1:10.80 | 460 | 08/04/17 | City of Bristol International Open Meet | Bristol | SW170399 | 1 |
| 50 Backstroke | 37.46 | 36.90 | 368 | 16/07/16 | Wycombe District End of Season Open Meet 2016 | Wycombe | SE160109 | 3 |
| 200 Individual Medley | 2:49.22 | 2:46.90 | 413 | 17/07/16 | Wycombe District End of Season Open Meet 2016 | Wycombe | SE160109 | 3 |

Short Course

| Stroke | SC Time | Converted to LC | SC WA Pts | Date | Meet | Venue | License | Level |
|-----------------------|----------|-----------------|-----------|----------|--|-----------|----------|-------|
| 50 Freestyle | 29.29 | 30.00 | 479 | 25/06/17 | The Teamunify Maxwell June Meet | Aylesbury | SE171082 | 3 |
| 100 Freestyle | 1:03.59 | 1:04.90 | 493 | 05/02/17 | Oxfordshire & North Bucks County Championships | Aylesbury | SE170305 | 2 |
| 200 Freestyle | 2:14.96 | 2:17.50 | 546 | 11/03/17 | The Alternative Counties Maxwell L3 Meet | Aylesbury | SE170392 | 3 |
| 400 Freestyle | 4:48.04 | 4:52.90 | 517 | 15/01/17 | Oxfordshire & North Bucks County Championships | Aylesbury | SE170304 | 2 |
| 800 Freestyle | 10:00.82 | 10:10.40 | 501 | 13/11/16 | Maxwell Distance Time Trials | Aylesbury | SE161766 | 4 |
| 50 Breaststroke | 43.28 | 44.00 | 281 | 06/12/15 | Maxwell December 2015 L3 Meet | Aylesbury | SE152061 | 3 |
| 100 Breaststroke | 1:28.23 | 1:29.60 | 353 | 25/06/16 | Maxwell Swim Club June 2016 L3 Meet | Aylesbury | SE161060 | 3 |
| 200 Breaststroke | 3:39.12 | 3:41.50 | 231 | 28/06/14 | Maxwell June Meet 2014 | Aylesbury | SE4520 | 3 |
| 50 Butterfly | 30.96 | 31.60 | 488 | 04/02/17 | Oxfordshire & North Bucks County Championships | Aylesbury | SE170305 | 2 |
| 100 Butterfly | 1:08.96 | 1:10.10 | 481 | 11/02/17 | Oxfordshire & North Bucks County Championships | Aylesbury | SE170306 | 2 |
| 200 Butterfly | 2:46.18 | 2:48.10 | 372 | 24/06/17 | The Teamunify Maxwell June Meet | Aylesbury | SE171082 | 3 |
| 50 Backstroke | 34.70 | 35.30 | 385 | 06/10/18 | Maxwell October Meet | Aylesbury | SE181885 | 3 |
| 100 Backstroke | 1:14.62 | 1:15.70 | 398 | 02/10/16 | Maxwell October 2016 L3 Meet | Aylesbury | SE161765 | 3 |
| 200 Backstroke | 2:46.95 | 2:48.90 | 361 | 27/06/15 | Maxwell Swim Club June 2015 L3 Meet | Aylesbury | SE151128 | 3 |
| 200 Individual Medley | 2:36.30 | 2:38.80 | 473 | 11/03/17 | The Alternative Counties Maxwell L3 Meet | Aylesbury | SE170392 | 3 |
| 100 Individual Medley | 1:16.05 | 1:16.10 | 410 | 13/03/16 | Maxwell March L3 Meet | Aylesbury | SE160680 | 3 |