

Individual Best Times (All Time)

Louise Ashford - (1194256) - University of Bath SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.56	28.80	509	15/01/23	Berkshire & South Bucs County & Age Group Champs	High Wycombe	SE230049	1
100 Freestyle	1:02.57	1:01.20	564	31/07/21	Guildford City SC L3 Summer Open Meet	Surrey Sports Park	SE210200	3
200 Freestyle	2:11.82	2:09.20	627	21/05/22	Swim England Talent Team Prep the Pool	Birmingham	ENG021	1
400 Freestyle	4:30.43	4:25.20	659	08/03/24	Edinburgh International 2024	Edinburgh	SCO2160	1
800 Freestyle	9:12.71	9:02.20	674	24/02/24	BUCS Long Course Swimming Championships 2023-24	Sheffield	NE240419	1
1500 Freestyle	17:30.11	17:10.30	673	23/02/24	BUCS Long Course Swimming Championships 2023-24	Sheffield	NE240419	1
50 Breaststroke	40.83	40.10	364	14/01/18	Berks & Sth Bucks County Championships	Wycombe	SE180129	1
100 Breaststroke	1:28.30	1:26.90	383	28/01/18	Berks & Sth Bucks County Championships	Wycombe	SE180130	1
200 Breaststroke	3:10.65	3:07.90	375	27/01/18	Berks & Sth Bucks County Championships	Wycombe	SE180130	1
50 Butterfly	37.22	36.70	282	21/05/22	Swim England Talent Team Prep the Pool	Birmingham	ENG021	1
100 Butterfly	1:27.57	1:26.70	254	25/03/17	Bracknell Wokingham Spring Level 3 Open Meet	Aldershot	SE170537	3
50 Backstroke	37.74	37.20	360	27/01/19	Berkshire & S Buckinghamshire County Champs 2019	Wycombe	SE190016	1
100 Backstroke	1:19.26	1:18.20	378	27/01/18	Berks & Sth Bucks County Championships	Wycombe	SE180130	1
200 Backstroke	2:55.93	2:54.00	342	18/03/17	Rushmoor Royals L1 Spring National Qualifier Open	Aldershot	SE170371	1
200 Individual Medley	2:47.53	2:45.20	426	28/01/18	Berks & Sth Bucks County Championships	Wycombe	SE180130	1
400 Individual Medley	5:48.27	5:43.20	444	27/05/18	Swim England South East Championships 2018	Crawley	SE181208	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.08	29.80	490	21/11/21	Kingston Royals The Royals Autumn Open Meet 2021	Walton-onThames	LR210720	3
100 Freestyle	1:00.60	1:02.00	570	11/12/21	National Arena Swimming League South Round 3	Maidenhead	SE211574	3
200 Freestyle	2:07.39	2:10.10	649	06/11/22	SE South East Regional Winter SC Champs 2022	Winchester	SE222021	2
400 Freestyle	4:20.07	4:25.40	703	14/12/23	Swim England Winter Championships 2023	Sheffield	ENG029	2
800 Freestyle	8:56.26	9:06.90	705	17/12/23	Swim England Winter Championships 2023	Sheffield	ENG029	2
1500 Freestyle	17:00.18	17:20.20	705	03/12/22	National Winter Championships 2022	Sheffield	ENG027	2
50 Breaststroke	41.32	42.10	323	12/06/21	Maidenhead	Braywick	LEX1806	0
100 Breaststroke	1:25.16	1:26.60	392	10/09/22	Maidenhead ASC 2022 Internal Gala	Maidenhead	SE221108	4
200 Breaststroke	3:06.20	3:09.00	377	03/12/17	Windsor L3 County Chaser Meet	Maidenhead	SE171777	3
50 Butterfly	34.97	35.50	338	10/09/22	Maidenhead ASC 2022 Internal Gala	Maidenhead	SE221108	4
100 Butterfly	1:19.16	1:20.10	318	12/06/21	Maidenhead	Braywick	LEX1806	0
200 Butterfly	3:05.35	3:07.10	268	16/09/17	Maidenhead Marlins L4 Series Meet	Maidenhead	SE171362	4
50 Backstroke	35.54	36.10	358	30/09/18	Maidenhead Marlins County Qualifier Level 3 Meet	Maidenhead	SE181278	3
100 Backstroke	1:16.67	1:17.70	366	16/12/18	Tilehurst SC "No Frills - Last Chance County Qua"	Reading	SE182453	3
200 Backstroke	2:52.95	2:54.90	325	28/01/17	Berks & Sth Bucks ASA 2017 County Championships	Maidenhead	SE170069	2
200 Individual Medley	2:39.75	2:42.20	443	10/09/22	Maidenhead ASC 2022 Internal Gala	Maidenhead	SE221108	4
400 Individual Medley	5:38.47	5:43.60	447	03/12/17	Windsor L3 County Chaser Meet	Maidenhead	SE171777	3
100 Individual Medley	1:23.89	1:23.90	305	26/11/16	Maidenhead Olympic Celebration County Qualifier	Maidenhead	SE162099	3