

Individual Best Times (All Time)

Rosie Ashmore - (1274407) - Melton Mowbray SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	37.02	36.40	259	11/03/18	Nova Centurion March Sprint Meet 2018	Nottingham	EM180094	3
100 Freestyle	1:24.64	1:23.60	228	11/03/18	Nova Centurion March Sprint Meet 2018	Nottingham	EM180094	3
50 Breaststroke	47.08	46.40	237	11/03/18	Nova Centurion March Sprint Meet 2018	Nottingham	EM180094	3
100 Breaststroke	1:42.60	1:41.40	244	11/03/18	Nova Centurion March Sprint Meet 2018	Nottingham	EM180094	3
50 Backstroke	42.92	42.40	245	11/03/18	Nova Centurion March Sprint Meet 2018	Nottingham	EM180094	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	35.83	36.40	262	10/02/19	Leicestershire County Age Groups & Championships	Braunstone	EM190423	2
100 Freestyle	1:17.12	1:18.20	276	07/09/19	Melton Mowbray Club Champs	Waterfield	EM192733	4
200 Freestyle	2:48.55	2:50.60	280	21/09/19	Melton Mowbray Club Champs	Waterfield	EM192735	4
400 Freestyle	6:51.36	6:54.80	177	10/06/17	Melton Mowbray Sprint & LD Championships	Melton Mowbray	EM170701	4
800 Freestyle	12:20.25	12:28.00	268	29/06/19	Melton Mowbray Long Distance Club Champs	Melton Mowbray	EM192511	4
50 Breaststroke	41.35	42.10	322	19/01/20	2020 LASA County Age Group & Championships	Braunstone	EM200329	2
100 Breaststroke	1:33.33	1:34.70	298	18/01/20	2020 LASA County Age Group & Championships	Braunstone	EM200329	2
200 Breaststroke	3:30.38	3:32.90	261	01/12/18	Hinckley 2018 Last Chance County Saloon Time Trial	Hinckley	EM182714	4
50 Butterfly	47.64	48.00	134	29/09/18	Melton Mowbray Club Sprints 50m	Melton Mowbray	EM182104	4
100 Butterfly	1:56.39	1:57.00	100	08/09/18	Melton Mowbray Club 100m Fly Free	Melton Mowbray	EM182101	4
50 Backstroke	41.36	41.80	227	29/09/18	Melton Mowbray Club Sprints 50m	Melton Mowbray	EM182104	4
100 Backstroke	1:30.67	1:31.60	221	15/09/18	Melton Mowbray 100m Back Brst	Melton Mowbray	EM182102	4
200 Backstroke	3:13.82	3:15.50	231	01/09/18	Melton Mowbray Club 200m Back Brst	Melton Mowbray	EM182100	4
200 Individual Medley	3:10.35	3:12.40	262	23/11/19	Melton Mowbray Club Champs	Waterfield	EM192737	4
100 Individual Medley	1:26.53	1:26.50	278	23/11/19	Melton Mowbray Club Champs	Waterfield	EM192737	4