

Individual Best Times (All Time)

Mieke Ashworth - (1344067) - Southwark Aquatics SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.33	27.60	578	22/10/23	Borough of Waltham Forest Gators Level 3 Gala 2023	London	LR231412	3
100 Freestyle	1:03.59	1:02.30	537	22/10/23	Borough of Waltham Forest Gators Level 3 Gala 2023	London	LR231412	3
200 Freestyle	2:26.23	2:23.80	459	22/10/23	Borough of Waltham Forest Gators Level 3 Gala 2023	London	LR231412	3
50 Breaststroke	37.21	36.40	481	22/10/23	Borough of Waltham Forest Gators Level 3 Gala 2023	London	LR231412	3
100 Breaststroke	1:27.58	1:26.10	392	22/10/23	Borough of Waltham Forest Gators Level 3 Gala 2023	London	LR231412	3
50 Backstroke	35.64	35.10	428	20/01/24	Surrey Age Group Championships 2024	Guildford	SE240476	1
100 Backstroke	1:45.77	1:45.00	159	08/07/18	BWFSC SUMMER MEET LEVEL 3	LONDON	LR181256	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.82	28.60	559	05/11/23	SE London Winter Championships 2023	Stratford	LR231947	2
100 Freestyle	1:01.94	1:03.30	533	19/11/23	Saxon Crown Club Championships 2023	Lewisham	LR231356	4
200 Freestyle	2:16.03	2:18.60	533	07/10/23	Saxon Crown (Lewisham) SC Autumn Showdown 2023	Lewisham	LR231218	3
400 Freestyle	4:52.97	4:57.70	492	25/09/23	Saxon Crown Club Championships 2023	Lewisham	LR231352	4
800 Freestyle	10:18.15	10:27.40	460	18/09/23	Saxon Crown Club Championships 2023	Lewisham	LR231351	4
1500 Freestyle	19:26.65	19:44.20	471	19/06/23	Saxon Crown Club Championships 2023	Lewisham	LR231349	4
50 Breaststroke	36.57	37.40	466	04/11/23	SE London Winter Championships 2023	Stratford	LR231947	2
100 Breaststroke	1:21.88	1:23.40	441	10/06/23	The White Horse League 2023	Crook Log LC	LR230677	3
200 Breaststroke	3:09.30	3:12.10	359	07/10/23	Saxon Crown (Lewisham) SC Autumn Showdown 2023	Lewisham	LR231218	3
50 Butterfly	36.41	36.90	300	02/04/23	Basildon & Phoenix SC Easter Meet 2023	Basildon	ER230462	3
100 Butterfly	1:27.35	1:28.20	236	01/04/23	Basildon & Phoenix SC Easter Meet 2023	Basildon	ER230462	3
50 Backstroke	33.85	34.40	415	07/10/23	Saxon Crown (Lewisham) SC Autumn Showdown 2023	Lewisham	LR231218	3
100 Backstroke	1:14.26	1:15.30	403	15/10/23	Saxon Crown Club Championships 2023	Lewisham	LR231354	4
200 Backstroke	2:37.20	2:39.30	433	07/10/23	Saxon Crown (Lewisham) SC Autumn Showdown 2023	Lewisham	LR231218	3
200 Individual Medley	2:39.22	2:41.70	448	07/10/23	Saxon Crown (Lewisham) SC Autumn Showdown 2023	Lewisham	LR231218	3
400 Individual Medley	5:50.30	5:55.30	403	26/06/23	Saxon Crown Club Championships 2023	Lewisham	LR231350	4
100 Individual Medley	1:15.58	1:15.60	417	27/11/22	Atlantis SC Christmas Cracker 2022	Horsham	SE220762	3