

Individual Best Times (All Time)

Ashley-Jane Ang - (1585264) - Camden Swiss Cottage SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
200 Freestyle	2:38.98	2:36.80	357	03/02/24	2024 Middlesex County Championships	Hillingdon	LR240187	1
400 Freestyle	5:21.71	5:17.30	391	23/03/24	Newham & UEL SC National Qualifier Open Meet 2024	Stratford	LR240111	1
800 Freestyle	10:55.93	10:47.00	403	28/04/24	SE London Region Summer Championships 2024	London	LR240710	1
1500 Freestyle	20:49.42	20:32.80	399	04/05/24	SE London Region Summer Championships 2024	London	LR240711	1
100 Breaststroke	1:35.41	1:34.10	303	09/03/24	City of Sheffield SS Premier Open Meet 2024	Sheffield	NE240033	1
200 Breaststroke	3:20.74	3:18.10	321	23/03/24	Newham & UEL SC National Qualifier Open Meet 2024	Stratford	LR240111	1
200 Butterfly	3:11.70	3:10.00	256	04/05/24	SE London Region Summer Championships 2024	London	LR240711	1
50 Backstroke	38.71	38.20	334	09/03/24	City of Sheffield SS Premier Open Meet 2024	Sheffield	NE240033	1
100 Backstroke	1:24.01	1:23.00	317	03/02/24	2024 Middlesex County Championships	Hillingdon	LR240187	1
200 Backstroke	2:52.66	2:50.70	362	24/03/24	Newham & UEL SC National Qualifier Open Meet 2024	Stratford	LR240111	1
200 Individual Medley	2:56.15	2:53.90	367	24/03/24	Newham & UEL SC National Qualifier Open Meet 2024	Stratford	LR240111	1
400 Individual Medley	6:09.50	6:04.70	372	23/03/24	Newham & UEL SC National Qualifier Open Meet 2024	Stratford	LR240111	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	34.63	35.20	290	02/03/24	Ealing SC 2024 Regional Qualifier Open Meet	Northolt	LR240284	3
100 Freestyle	1:13.34	1:14.50	321	02/03/24	Ealing SC 2024 Regional Qualifier Open Meet	Northolt	LR240284	3
200 Freestyle	2:40.66	2:42.80	323	07/10/23	Winchester City Penguins Winter Autumn Qualifier	Winchester	SE231502	2
400 Freestyle	5:19.99	5:24.40	377	14/04/24	Romford Town Last Chance Regional Qualifier 2024	Romford	LR240535	3
800 Freestyle	11:18.93	11:27.40	347	25/11/23	2023 Wycombe SC L3 County & Regional Qualifier	High Wycombe	SE232322	3
1500 Freestyle	21:29.79	21:45.70	349	01/12/23	Camden 800/1500 Time Trial 2023	London	LR232543	4
50 Breaststroke	46.12	46.80	232	02/03/24	Ealing SC 2024 Regional Qualifier Open Meet	Northolt	LR240284	3
100 Breaststroke	1:35.82	1:37.10	275	03/03/24	Ealing SC 2024 Regional Qualifier Open Meet	Northolt	LR240284	3
200 Breaststroke	3:24.74	3:27.30	283	25/11/23	2023 Wycombe SC L3 County & Regional Qualifier	High Wycombe	SE232322	3
50 Butterfly	37.89	38.40	266	03/03/24	Ealing SC 2024 Regional Qualifier Open Meet	Northolt	LR240284	3
100 Butterfly	1:30.71	1:31.50	211	03/03/24	Ealing SC 2024 Regional Qualifier Open Meet	Northolt	LR240284	3
200 Butterfly	3:04.37	3:06.10	273	14/04/24	Romford Town Last Chance Regional Qualifier 2024	Romford	LR240535	3
50 Backstroke	38.77	39.30	276	11/11/23	National Arena Swimming League - London 2023	Luton	ER231465	2
100 Backstroke	1:23.12	1:24.10	287	08/10/23	Winchester City Penguins Winter Autumn Qualifier	Winchester	SE231502	2
200 Backstroke	2:54.52	2:56.40	316	03/12/23	Ealing SC 2023 XMAS County Qualifier	Northolt	LR231041	3
200 Individual Medley	2:54.46	2:56.70	340	14/04/24	Romford Town Last Chance Regional Qualifier 2024	Romford	LR240535	3
400 Individual Medley	6:18.78	6:23.40	319	07/10/23	Winchester City Penguins Winter Autumn Qualifier	Winchester	SE231502	2
100 Individual Medley	1:22.84	1:22.80	317	19/05/24	2024 West London National Arena Jr League R 1-3	Camden	LR241299	4