

Individual Best Times (All Time)

James Ashfield - (1598825) - Worcester SC

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	36.03	36.60	175	03/02/24	Worcester County SA County Championships 2024	Smethwick	WM240081	2
100 Freestyle	1:21.40	1:22.40	167	19/05/24	Southwold May L3 Meet 2024	Gloucester	SW240646	3
200 Freestyle	2:56.53	2:58.50	178	16/12/23	Redditch SC Kingfisher Festive L3 Open Meet 2023	Wolverhampton	WM231163	3
50 Breaststroke	49.38	50.00	128	27/01/24	Worcester County SA County Championships 2024	Worcester	WM240080	2
100 Breaststroke	1:43.70	1:44.90	151	04/02/24	Worcester County SA County Championships 2024	Smethwick	WM240081	2
200 Breaststroke	3:43.83	3:46.20	154	03/02/24	Worcester County SA County Championships 2024	Smethwick	WM240081	2
50 Butterfly	42.60	43.00	133	19/05/24	Southwold May L3 Meet 2024	Gloucester	SW240646	3
50 Backstroke	39.95	40.50	169	04/02/24	Worcester County SA County Championships 2024	Smethwick	WM240081	2
100 Backstroke	1:25.59	1:26.50	180	03/02/24	Worcester County SA County Championships 2024	Smethwick	WM240081	2
200 Backstroke	2:58.87	3:00.70	205	04/02/24	Worcester County SA County Championships 2024	Smethwick	WM240081	2
200 Individual Medley	3:15.51	3:17.50	176	19/05/24	Southwold May L3 Meet 2024	Gloucester	SW240646	3
100 Individual Medley	1:30.51	1:30.50	161	27/01/24	Worcester County SA County Championships 2024	Worcester	WM240080	2