

Individual Best Times (All Time)

Freddie Ashley-Sparks - (822393) - Plymouth Leander SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	23.31	22.40	721	06/04/24	Speedo Aquatics GB Swimming Championships 2024	London	BSW026	1
100 Freestyle	50.50	48.80	798	25/07/23	British Summer Championships	Sheffield	BSW025	1
200 Freestyle	1:50.41	1:47.20	788	23/07/23	British Summer Championships	Sheffield	BSW025	1
400 Freestyle	3:58.98	3:53.10	780	04/04/23	British Swimming Championships 2023	Sheffield	BSW024	1
800 Freestyle	8:26.65	8:15.10	710	08/04/23	British Swimming Championships 2023	Sheffield	BSW024	1
1500 Freestyle	17:11.04	16:50.90	602	23/02/19	Devon County Championships & Age Group Comp	Plymouth	SW190264	1
50 Breaststroke	48.57	47.90	152	20/09/14	City of Coventry 50m Sprints	Coventry	WM4668	3
50 Butterfly	26.20	25.50	614	15/03/20	The Plymouth Leander Spring Regional LC Qualifier	Plymouth	SW200025	1
100 Butterfly	55.54	54.20	705	26/07/23	British Summer Championships	Sheffield	BSW025	1
200 Butterfly	2:04.10	2:01.50	702	25/07/21	South West British Summer Festival	Plymouth	SW210158	1
50 Backstroke	27.22	26.50	647	04/05/24	SE SWR Summer Championships 2024	Plymouth	SW240588	1
100 Backstroke	59.52	58.20	651	25/06/22	City of Sheffield Swim Squad Team Steel Meet 2022	Sheffield	NE220037	1
200 Backstroke	2:21.27	2:18.90	497	06/05/18	ASA SWR Summer Championships	Plymouth	SW180512	1
200 Individual Medley	2:10.91	2:07.90	660	24/04/23	SE South West Summer Regional Championships 2023	Plymouth	SW230523	1
400 Individual Medley	6:09.56	6:04.80	282	31/05/14	ASA South East Region Age Group Championships	Crawley	SER418	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	22.99	23.90	674	05/11/23	SE South West Region SC Winter Championships 2023	Millfield	SW231774	2
100 Freestyle	49.10	50.80	761	15/12/23	Swim England Winter Championships 2023	Sheffield	ENG029	2
200 Freestyle	1:47.72	1:50.90	785	16/12/23	Swim England Winter Championships 2023	Sheffield	ENG029	2
400 Freestyle	3:50.65	3:56.60	779	04/12/22	National Winter Championships 2022	Sheffield	ENG027	2
800 Freestyle	8:37.59	8:48.60	628	16/11/19	Plymouth Leander National Winter Qualifier	Plymouth	SW190503	2
1500 Freestyle	17:01.39	17:21.40	570	02/11/18	ASA SWR Winter Championships	Millfield	SW180511	2
50 Breaststroke	32.50	33.50	452	06/07/21	Bicester Blue Fins	Stowe School	LEX3108	0
100 Breaststroke	1:10.12	1:11.90	489	08/10/23	Exeter City Lyndsay Powell Memorial Meet 2023	Plymouth	SW231387	2
50 Butterfly	25.02	25.80	656	17/10/21	Exeter City - Lindsay Powell Memorial Meet 2021	Plymouth	SW210490	2
100 Butterfly	54.42	55.80	676	14/12/23	Swim England Winter Championships 2023	Sheffield	ENG029	2
200 Butterfly	2:00.90	2:03.50	690	11/07/21	Maxwell Invitational July Meet 2021	Aylesbury	SE210230	4
50 Backstroke	26.33	27.10	592	08/10/23	Exeter City Lyndsay Powell Memorial Meet 2023	Plymouth	SW231387	2
100 Backstroke	55.76	57.20	651	11/07/21	Maxwell Invitational July Meet 2021	Aylesbury	SE210230	4
200 Backstroke	2:02.65	2:05.30	638	07/11/21	SE South West Region SC Winter Championships	Millfield School	SW210937	2
200 Individual Medley	2:06.55	2:09.60	650	27/06/21	Plymouth Leander Summer L4 Open	Plymouth	SW210156	4
400 Individual Medley	4:35.43	4:41.70	619	17/10/21	Exeter City - Lindsay Powell Memorial Meet 2021	Plymouth	SW210490	2
100 Individual Medley	58.72	58.70	591	06/07/21	Bicester Blue Fins	Stowe School	LEX3108	0