

Individual Best Times (All Time)

Rhys Ashton - (872842) - Southport SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	34.40	33.80	224	31/01/16	Lancashire County WPSA Age Group & Championships	Manchester	NW160230	1
100 Freestyle	1:12.37	1:11.20	271	31/01/16	Lancashire County WPSA Age Group & Championships	Manchester	NW160230	1
200 Freestyle	2:38.97	2:36.80	264	30/01/16	Lancashire County WPSA Age Group & Championships	Manchester	NW160230	1
50 Breaststroke	54.33	53.70	108	16/03/14	Lancashire County Championships	Manchester	CC4087	1
200 Breaststroke	4:05.53	4:03.40	133	09/03/14	Lancashire Age Groups & Championships	Manchester	CC4086	1
50 Backstroke	37.28	36.70	252	29/05/16	ASA North West Region Summer Championships	Manchester	NW160339	1
100 Backstroke	1:25.68	1:24.70	218	28/02/15	Lancashire County Age Groups & Championships	Liverpool	CC150112	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.95	30.60	304	01/12/18	PSC Christmas Countdown - L3 OPEN MEET	Darwen	NW182357	3
100 Freestyle	1:06.44	1:07.70	307	05/05/18	Blackpool Rocks 2018	Blackpool	NW180042	3
200 Freestyle	2:22.84	2:25.30	336	06/05/18	Blackpool Rocks 2018	Blackpool	NW180042	3
400 Freestyle	5:03.24	5:07.80	342	04/05/18	Blackpool Rocks 2018	Blackpool	NW180042	3
50 Breaststroke	46.36	47.00	155	05/12/15	Preston Christmas Countdown 2015 L3 Open Meet	Darwen	NW151989	3
100 Breaststroke	1:40.91	1:42.20	164	05/12/15	Preston Christmas Countdown 2015 L3 Open Meet	Darwen	NW151989	3
200 Breaststroke	3:33.25	3:35.70	178	11/07/15	14th Biddulph Open Meet	Biddulph	WM151037	3
50 Butterfly	39.60	40.10	165	01/07/17	Kendal Mint Open Gala 2017	Kendall	NW171279	3
50 Backstroke	34.31	34.90	267	06/05/18	Blackpool Rocks 2018	Blackpool	NW180042	3
100 Backstroke	1:14.29	1:15.40	275	06/05/18	Blackpool Rocks 2018	Blackpool	NW180042	3
200 Backstroke	2:49.85	2:51.80	240	12/06/16	Preston Summer Spectacular 2016 Open Meet	Darwen	NW160845	3
200 Individual Medley	3:26.68	3:28.60	149	26/07/14	City of Salford Summer Spectacular 2014	Wigan	NW4123	3
100 Individual Medley	1:24.45	1:24.50	198	27/11/16	Wigan BEST Future Stars Open Meet	Wigan	NW161516	2