

Individual Best Times (All Time)

Charlie Southwood - (1237280) - Torfaen Dolphins Performance - 100 Backstroke - Long Course

Performance Graph

Drag to Zoom, right click to reset.

Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
1:01.73	584	F	22/03/24	Swim Wales National Championships 2024	Swansea		1
1:02.43	564	F	05/05/24	City of Swansea Aquatics MAY LC Open Meet 2024	Swansea		1
1:02.58	560	H	22/03/24	Swim Wales National Championships 2024	Swansea		1
1:02.65	558	F	09/03/24	Chelsea & Westminster & Millfield March Grand Prix	Millfield		1
1:02.75	556	F	03/08/23	Swim Wales Summer Open 2023	Swansea		1
1:02.86	553	F	07/08/23	Swim Wales Summer Open 2023	Swansea		1
1:03.02	548	F	07/05/23	Swansea Aquatic May LC Meet	Swansea		1
1:03.11	546	H	03/08/23	Swim Wales Summer Open 2023	Swansea		1
1:03.29	541	F	08/05/23	Swansea Aquatic May LC Meet	Swansea		1
1:03.57	534	H	13/04/24	Cardiff International Open Meet 2024	Cardiff		1
1:04.06	522	H	20/05/23	Cardiff International Open Meet 2023	Cardiff		1
1:04.26	517	F	10/02/24	Swim Wales Regional Racing Series - SE 2024	Cardiff		1
1:04.54	511	H	07/05/22	Swansea Aquatics Long Course Open Meet 2022	Swansea		1
1:04.54	511	F	07/05/22	Swansea Aquatics Long Course Open Meet 2022	Swansea		1
1:04.78	505	F	04/08/22	Swim Wales Summer Open 2022	Swansea		1
1:05.25	494	H	04/08/22	Swim Wales Summer Open 2022	Swansea		1
1:05.75	483	F	03/04/22	Welsh Capital Open Meet	Cardiff		1
1:06.07	476	F	02/04/23	City Of Bristol L1 International Open Meet 2023	Hengrove Park		1
1:06.13	475	F	08/01/23	RCT New Year Long Course	Cardiff		3
1:06.13	475	F	12/03/23	Swansea Aquatic Spring LC Meet 2023	Swansea		1
1:06.96	457	F	08/08/21	Swansea Festival of Swimming 2021	Swansea		1
1:07.04	455	H	18/12/21	Swim Wales Winters 2021	Swansea		1
1:07.19	452	H	16/04/22	Swim Wales National Championships 2022	Swansea		1
1:07.55	445	F	16/04/22	Swim Wales National Championships 2022	Swansea		1
1:07.79	441	F	21/11/21	City of Cardiff Keith Bewley Memorial Open	Cardiff		3
1:07.99	437	F	08/06/24	Torfaen Dolphins Long Course Meet 2024	Cardiff		1
1:08.86	420	F	12/02/22	Team Bath & Millfield National Qualifier 1 Meet	Millfield		1

1:06.06	420	F	13/03/22	Team Bath & Millfield National Qualifier L1 meet	Millfield		
1:13.92	340	F	15/03/20	Millfield & Team Bath AS L1 National Qualifier	Millfield School	Torfaen D	1
1:17.27	297	F	19/10/19	Neath ASC Open Meet	Swansea	Torfaen D	1
1:17.97	289	F	20/04/19	Swim Wales Long Course Championships	WNPS	Torfaen D	1
1:18.33	285	H	20/04/19	Swim Wales Long Course Championships	WNPS	Torfaen D	1
1:19.62	272	H	30/07/19	Swim Wales Summer Nationals	Swansea		1
1:21.79	251	F	06/04/19	City of Bristol International Open Meet	Hengrove Park	Torfaen D	1
1:24.74	225	F	01/08/18	Swim Wales Summer Development Meet	WNPS	Torfaen D	3
1:25.58	219	F	20/10/18	Neath ASC Open Meet 2018	WNPS	Torfaen D	1
1:27.84	202	H	11/05/18	Swansea Aquatics Long Course Meet 2018	WNPS	Torfaen D	1
1:32.34	174	F	19/11/17	Swansea Aquatics Long Course Autumn Meet	Swansea	Torfaen D	1
1:32.85	171	F	15/09/17	Swim Wales Legends Meet	Swansea	Torfaen D	1
1:33.88	166	F	06/01/18	RCT New Year Open Meet	Cardiff	Torfaen D	3
1:35.52	157	F	17/06/17	Torfaen Dolphins Non National Qualifier	Cardiff	Torfaen D	3
1:37.37	148	F	19/03/17	City of Cardiff Tiger Bay Open Meet 2017	Cardiff	Torfaen D	3
1:42.21	128	F	16/09/16	Swim Wales Legends Meet	Swansea	Torfaen D	1

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