

# Individual Best Times (All Time)

Charlie Southwood - (1237280) - Torfaen Dolphins Performance - 100 Freestyle - 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
55.44	603	F	06/05/23	Swansea Aquatic May LC Meet	Swansea		1
55.71	595	H	23/03/24	Swim Wales National Championships 2024	Swansea		1
55.81	591	H	04/08/23	Swim Wales Summer Open 2023	Swansea		1
55.92	588	F	04/08/23	Swim Wales Summer Open 2023	Swansea		1
56.07	583	F	09/03/24	Chelsea & Westminster & Millfield March Grand Prix	Millfield		1
56.20	579	F	08/05/23	Swansea Aquatic May LC Meet	Swansea		1
56.25	578	F	10/06/23	Torfaen Dolphins Long Course Meet 2023	Cardiff		1
56.45	572	H	21/05/23	Cardiff International Open Meet 2023	Cardiff		1
56.50	570	F	04/08/23	Swim Wales Summer Open 2023	Swansea		1
56.71	564	F	23/03/24	Swim Wales National Championships 2024	Swansea		1
56.82	560	F	10/02/24	Swim Wales Regional Racing Series - SE 2024	Cardiff		1
57.39	544	F	08/05/22	Swansea Aquatics Long Course Open Meet 2022	Swansea		1
57.79	533	H	08/05/22	Swansea Aquatics Long Course Open Meet 2022	Swansea		1
57.82	532	F	02/04/23	City Of Bristol L1 International Open Meet 2023	Hengrove Park		1
57.90	530	F	16/04/22	Swim Wales National Championships 2022	Swansea		1
58.01	527	H	07/08/22	Swim Wales Summer Open 2022	Swansea		1
58.26	520	H	16/04/22	Swim Wales National Championships 2022	Swansea		1
58.35	517	H	13/04/24	Cardiff International Open Meet 2024	Cardiff		1
58.37	517	F	07/08/22	Swim Wales Summer Open 2022	Swansea		1
58.58	511	H	19/12/21	Swim Wales Winters 2021	Swansea		1
58.65	510	F	11/03/23	Swansea Aquatic Spring LC Meet 2023	Swansea		1
59.55	487	F	20/11/21	City of Cardiff Keith Bewley Memorial Open	Cardiff		3
59.91	478	F	03/04/22	Welsh Capital Open Meet	Cardiff		1
1:00.24	470	F	09/08/21	Swansea Festival of Swimming 2021	Swansea		1
1:02.10	429	F	12/03/22	Team Bath & Millfield National Qualifier L1 Meet	Millfield		1
1:03.79	396	F	14/03/20	Millfield & Team Bath AS L1 National Qualifier	Millfield School	Torfaen D	1
1:06.44	354	F	10/10/10	North ASC Open Meet	Swansea	Torfaen D	1

1:06.41	351	F	19/10/19	Neath ASC Open Meet	Swansea	Torfaen D	1
1:08.77	316	H	02/08/19	Swim Wales Summer Nationals	Swansea	Torfaen D	1
1:10.06	299	F	06/04/19	City of Bristol International Open Meet	Hengrove Park	Torfaen D	1
1:10.94	288	H	11/05/19	Swansea Aquatics Centenary 2019 LC Open Meet	WNPS	Torfaen D	1
1:11.02	287	F	15/06/19	Torfaen Dolphins Long Course Meet 2019	Cardiff	Torfaen D	3
1:15.48	239	F	20/10/18	Neath ASC Open Meet 2018	WNPS	Torfaen D	1
1:15.77	236	F	30/07/18	Swim Wales Summer Development Meet	WNPS	Torfaen D	3
1:16.55	229	H	11/05/18	Swansea Aquatics Long Course Meet 2018	WNPS	Torfaen D	1
1:21.59	189	F	16/06/18	Torfaen Dolphins Long Course Meet 2018	Cardiff	Torfaen D	3
1:22.77	181	F	07/01/18	RCT New Year Open Meet	Cardiff	Torfaen D	3
1:24.00	173	F	15/09/17	Swim Wales Legends Meet	Swansea	Torfaen D	1
1:26.62	158	F	18/11/17	Swansea Aquatics Long Course Autumn Meet	Swansea	Torfaen D	1
1:29.13	145	F	18/03/17	City of Cardiff Tiger Bay Open Meet 2017	Cardiff	Torfaen D	3
1:29.13	145	F	18/06/17	Torfaen Dolphins Non National Qualifier	Cardiff	Torfaen D	3
1:34.70	121	F	16/09/16	Swim Wales Legends Meet	Swansea	Torfaen D	1

## Swims in Date Order

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58.35	517	H	13/04/24	Cardiff International Open Meet 2024	Cardiff		1
56.71	564	F	23/03/24	Swim Wales National Championships 2024	Swansea		1
55.71	595	H	23/03/24	Swim Wales National Championships 2024	Swansea		1
56.07	583	F	09/03/24	Chelsea & Westminster & Millfield March Grand Prix	Millfield		1
56.82	560	F	10/02/24	Swim Wales Regional Racing Series - SE 2024	Cardiff		1
56.50	570	F	04/08/23	Swim Wales Summer Open 2023	Swansea		1
55.92	588	F	04/08/23	Swim Wales Summer Open 2023	Swansea		1
55.81	591	H	04/08/23	Swim Wales Summer Open 2023	Swansea		1
56.25	578	F	10/06/23	Torfaen Dolphins Long Course Meet 2023	Cardiff		1
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55.44	603	F	06/05/23	Swansea Aquatic May LC Meet	Swansea		1
57.82	532	F	02/04/23	City Of Bristol L1 International Open Meet 2023	Hengrove Park		1
58.65	510	F	11/03/23	Swansea Aquatic Spring LC Meet 2023	Swansea		1
58.37	517	F	07/08/22	Swim Wales Summer Open 2022	Swansea		1
58.01	527	H	07/08/22	Swim Wales Summer Open 2022	Swansea		1
57.39	544	F	08/05/22	Swansea Aquatics Long Course Open Meet 2022	Swansea		1
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