

Individual Best Times (All Time)

Justin Langford - (18118) - Staines Swimming Club - 100 Backstroke - Long Course

Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
1:09.29	412	H	08/12/18	Borough of Barnsley 23rd Annual Christmas Sprint	Sheffield	Co Wakefield	3

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