

Individual Best Times (All Time)

John Slater - (302104) - Hillingdon Swimming Club - 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 |
|-------|--------|-------|----------|--|------------------|-----------------|-------|
| 51.35 | 759 | H | 14/04/16 | British Championships 2016 | Glasgow | Plymouth Lea | 1 |
| 51.42 | 756 | | 04/08/15 | ASA Summer Nationals 2015 | Sheffield | Plymouth Lea | 1 |
| 51.64 | 747 | H | 12/04/14 | British Gas Championships 2014 | Glasgow | Basingstoke | 1 |
| 51.66 | 746 | F | 13/04/14 | British Gas Championships 2014 | Glasgow | Basingstoke | 1 |
| 51.81 | 739 | F | 07/08/15 | ASA Summer Nationals 2015 | Sheffield | Plymouth Lea | 1 |
| 52.00 | 731 | R | 30/07/13 | BG ASA National Youth Championships | Sheffield | Basingstoke | 1 |
| 52.01 | 731 | S | 02/08/13 | BG ASA National Youth Championships | Sheffield | Basingstoke | 1 |
| 52.04 | 730 | | 16/03/13 | Hampshire County Championships | Portsmouth | Basingstoke | 1 |
| 52.05 | 729 | H | 07/08/15 | ASA Summer Nationals 2015 | Sheffield | Plymouth Lea | 1 |
| 52.07 | 728 | H | 02/08/13 | BG ASA National Youth Championships | Sheffield | Basingstoke | 1 |
| 52.08 | 728 | R | 30/07/13 | BG ASA National Youth Championships | Sheffield | Basingstoke | 1 |
| 52.09 | 728 | H | 20/03/16 | Rushmoor Royals L1 Spring National Qualifier | Aldershot | Plymouth Lea | 1 |
| 52.10 | 727 | S | 08/08/14 | BG ASA Youth & MC Championships 2014 | Sheffield | Basingstoke | 1 |
| 52.25 | 721 | F | 03/08/13 | BG ASA National Youth Championships | Sheffield | Basingstoke | 1 |
| 52.30 | 719 | H | 28/03/15 | City of Sheffield Swim Squad Premier Meet | Sheffield | Plymouth Lea | 1 |
| 52.32 | 718 | H | 23/06/12 | BG ASA National Championships 2012 | Sheffield | Basingstoke | 1 |
| 52.44 | 713 | H | 21/02/16 | BUCS Long Course Championships | Sheffield | | 1 |
| 52.45 | 713 | H | 18/07/12 | BG ASA National Youth Championships 2012 | Sheffield | Basingstoke | 1 |
| 52.47 | 712 | F | 24/03/13 | ESSA South East Region Inter County Gala | Surrey | Basingstoke | 1 |
| 52.49 | 711 | F | 14/01/12 | Portsmouth Open Meet | Portsmouth | Basingstoke | 1 |
| 52.57 | 708 | F | 21/02/16 | BUCS Long Course Championships | Sheffield | | 1 |
| 52.61 | 706 | | 15/03/14 | Hampshire County Championships | Portsmouth | Basingstoke | 1 |
| 52.61 | 706 | H | 08/08/14 | BG ASA Youth & MC Championships 2014 | Sheffield | Basingstoke | 1 |
| 52.79 | 699 | H | 27/07/14 | National Youth Team Championships | Portugal | | 1 |
| 52.80 | 699 | S | 18/07/12 | BG ASA National Youth Championships 2012 | Sheffield | Basingstoke | 1 |
| 52.80 | 699 | F | 17/01/14 | Catalan Swimming Championships | Barcelona, Spain | Basingstoke | 1 |
| 52.82 | 698 | F | 21/02/16 | Bedsmouth Northsea Easter Festival 2016 | Bedsmouth | Basingstoke | 1 |

| | | | | | | | |
|-------|-----|---|----------|--|------------------|--------------|---|
| 52.82 | 696 | F | 31/03/13 | Portsmouth Northsea Easter Festival 2013 | Portsmouth | Basingstoke | 1 |
| 52.84 | 697 | H | 22/02/15 | BUCS Long Course Championships 2015 | Sheffield | | 1 |
| 52.84 | 697 | F | 28/03/15 | City of Sheffield Swim Squad Premier Meet | Sheffield | Plymouth Lea | 1 |
| 52.87 | 696 | | 05/05/13 | BG South East Region Youth Champs | Crawley | Basingstoke | 1 |
| 52.88 | 695 | H | 06/03/12 | British Gas Swimming Championships 2012 | London | Basingstoke | 1 |
| 52.89 | 695 | F | 26/11/11 | Portsmouth Northsea Christmas Cracker Meet | Portsmouth | Basingstoke | 1 |
| 52.94 | 693 | H | 30/06/13 | ESSA National Inter-Divisional Meet 2013 | Liverpool | Basingstoke | 1 |
| 52.97 | 692 | F | 03/12/13 | World School Games | Brasilia | Basingstoke | 1 |
| 52.97 | 692 | H | 02/05/15 | ASA South West Summer Championships | Plymouth | Plymouth Lea | 1 |
| 52.99 | 691 | | 17/03/12 | Hampshire County Championships | Portsmouth | Basingstoke | 1 |
| 53.00 | 691 | F | 09/08/14 | BG ASA Youth & MC Championships 2014 | Sheffield | Basingstoke | 1 |
| 53.05 | 689 | H | 07/02/15 | VII Meeting Internacional De Lisboa | Lisbon | Plymouth Lea | 1 |
| 53.06 | 688 | | 16/03/13 | Hampshire County Championships | Portsmouth | Basingstoke | 1 |
| 53.08 | 688 | F | 19/07/12 | BG ASA National Youth Championships 2012 | Sheffield | Basingstoke | 1 |
| 53.13 | 686 | F | 08/04/12 | Portsmouth Northsea Easter Festival | Portsmouth | Basingstoke | 1 |
| 53.20 | 683 | F | 15/12/12 | Hillingdon SC Level 1 Winter Open Meet | Hillingdon | Basingstoke | 1 |
| 53.27 | 680 | | 15/03/14 | Hampshire County Championships | Portsmouth | Basingstoke | 1 |
| 53.34 | 678 | H | 15/12/12 | Hillingdon SC Level 1 Winter Open Meet | Hillingdon | Basingstoke | 1 |
| 53.37 | 676 | H | 10/03/13 | British Gas International 2013 | Leeds | Basingstoke | 1 |
| 53.40 | 675 | | 06/05/12 | British Gas South East Youth Championship | Crawley | Basingstoke | 1 |
| 53.45 | 673 | F | 12/01/13 | Portsmouth Northsea SC Level 1 Open Meet | Portsmouth | Basingstoke | 1 |
| 53.62 | 667 | F | 10/03/13 | British Gas International 2013 | Leeds | Basingstoke | 1 |
| 53.68 | 665 | H | 08/04/12 | Portsmouth Northsea Easter Festival | Portsmouth | Basingstoke | 1 |
| 53.79 | 661 | F | 31/03/13 | Portsmouth Northsea Easter Festival 2013 | Portsmouth | Basingstoke | 1 |
| 53.88 | 657 | | 05/05/13 | BG South East Region Youth Champs | Crawley | Basingstoke | 1 |
| 53.89 | 657 | H | 17/01/14 | Catalan Swimming Championships | Barcelona, Spain | Basingstoke | 1 |
| 53.94 | 655 | F | 25/01/14 | ASA South Zonal Competition | Millfield School | Basingstoke | 1 |
| 54.02 | 652 | | 26/01/13 | ASA Southern Region Zonal Competition | Crawley | Basingstoke | 1 |
| 54.03 | 652 | F | 02/05/15 | ASA South West Summer Championships | Plymouth | Plymouth Lea | 1 |
| 54.07 | 650 | | 03/12/11 | South East Region Open & Junior Champs | Aldershot | Basingstoke | 1 |
| 54.09 | 650 | | 17/03/12 | Hampshire County Championships | Portsmouth | Basingstoke | 1 |
| 54.12 | 649 | F | 17/12/11 | Hillingdon Winter Open Meet | Hillingdon | Basingstoke | 1 |
| 54.25 | 644 | H | 25/01/14 | ASA South Zonal Competition | Millfield School | Basingstoke | 1 |
| 54.28 | 643 | H | 28/07/11 | British Gas ASA National Youth Champs | Sheffield | Basingstoke | 1 |
| 54.41 | 638 | F | 24/04/11 | Portsmouth Northsea Easter Swim Festival | Portsmouth | Basingstoke | 1 |
| 54.42 | 638 | H | 28/10/12 | Rushmoor Royals SC 10th Autumn Open Meet | Aldershot | Basingstoke | 1 |
| 54.47 | 636 | | 03/12/11 | South East Region Open & Junior Champs | Aldershot | Basingstoke | 1 |
| 54.49 | 635 | S | 28/07/11 | British Gas ASA National Youth Champs | Sheffield | Basingstoke | 1 |
| 54.57 | 633 | | 12/03/11 | Hampshire County Championships | Portsmouth | Basingstoke | 1 |
| 54.58 | 632 | | 12/03/11 | Hampshire County Championships | Portsmouth | Basingstoke | 1 |
| 54.58 | 632 | | 26/01/13 | ASA Southern Region Zonal Competition | Crawley | Basingstoke | 1 |
| 54.66 | 630 | F | 07/02/15 | VII Meeting Internacional De Lisboa | Lisbon | Plymouth Lea | 1 |
| 54.67 | 629 | H | 24/04/11 | Portsmouth Northsea Easter Swim Festival | Portsmouth | Basingstoke | 1 |
| 54.68 | 629 | H | 28/05/11 | Crystal Palace Beacon Long Course Meet | London | Basingstoke | 1 |
| 54.69 | 629 | | 01/05/11 | BG South East Region Youth Championships | Crawley | Basingstoke | 1 |
| 54.79 | 625 | F | 09/07/11 | Portsmouth Northsea Non Qualifier Meet | Portsmouth | Basingstoke | 3 |
| 54.84 | 623 | F | 11/02/12 | Wycombe District Open Meet 2012 | Wycombe | Basingstoke | 1 |
| 54.90 | 621 | | 06/05/12 | British Gas South East Youth Championship | Crawley | Basingstoke | 1 |
| 54.90 | 621 | F | 08/02/14 | Wycombe District Annual LC Open Meet | Wycombe | Basingstoke | 1 |
| 54.98 | 619 | | 01/05/11 | BG South East Region Youth Championships | Crawley | Basingstoke | 1 |
| 55.31 | 608 | F | 01/10/11 | Portsmouth Northsea Open Meet | Portsmouth | Basingstoke | 3 |
| 55.33 | 607 | F | 29/07/10 | British Gas Nat Age Grps | Sheffield | Basingstoke | 1 |
| 55.37 | 606 | H | 29/07/10 | British Gas Nat Age Grps | Sheffield | Basingstoke | 1 |
| 55.46 | 603 | H | 03/12/13 | World School Games | Brasilia | Basingstoke | 1 |

| | | | | | | | |
|---------|-----|---|----------|--|--------------|-------------|---|
| 55.51 | 601 | R | 28/07/10 | British Gas Nat Age Grps | Sheffield | Basingstoke | 1 |
| 55.51 | 601 | | 30/01/11 | London, South East and South West Zonal | London | Basingstoke | 1 |
| 56.14 | 581 | | 30/01/11 | London, South East and South West Zonal | London | Basingstoke | 1 |
| 56.24 | 578 | F | 20/11/10 | Crawley Not So Early Bird | Crawley | Basingstoke | 1 |
| 56.55 | 568 | F | 12/02/11 | Wycombe District Annual Long Course Meet | High Wycombe | Basingstoke | 1 |
| 56.83 | 560 | | 29/05/10 | BG South East Region Age Groups | Crawley | Basingstoke | 1 |
| 56.86 | 559 | H | 09/05/10 | Beckenham Open | London | Basingstoke | 1 |
| 57.03 | 554 | | 03/04/10 | Portsmouth Northsea Easter Meet | Portsmouth | Basingstoke | 1 |
| 57.05 | 554 | | 03/04/10 | Portsmouth Northsea Easter Meet | Portsmouth | Basingstoke | 1 |
| 58.01 | 527 | F | 21/11/09 | Crawley Not So Early Bird | Crawley | Basingstoke | 1 |
| 1:00.16 | 472 | | 30/05/09 | South East Region Champs | Crawley | Basingstoke | 1 |
| 1:02.12 | 429 | H | 09/05/09 | BSB No Frills meet | Aldershot | Basingstoke | 2 |

Swims in Date Order

| Time | WA Pts | Round | Date | Meet | Venue | Club Swam Under | Level |
|-------|--------|-------|----------|--|------------------|-----------------|-------|
| 51.35 | 759 | H | 14/04/16 | British Championships 2016 | Glasgow | Plymouth Lea | 1 |
| 52.09 | 728 | H | 20/03/16 | Rushmoor Royals L1 Spring National Qualifier | Aldershot | Plymouth Lea | 1 |
| 52.57 | 708 | F | 21/02/16 | BUCS Long Course Championships | Sheffield | | 1 |
| 52.44 | 713 | H | 21/02/16 | BUCS Long Course Championships | Sheffield | | 1 |
| 51.81 | 739 | F | 07/08/15 | ASA Summer Nationals 2015 | Sheffield | Plymouth Lea | 1 |
| 52.05 | 729 | H | 07/08/15 | ASA Summer Nationals 2015 | Sheffield | Plymouth Lea | 1 |
| 51.42 | 756 | | 04/08/15 | ASA Summer Nationals 2015 | Sheffield | Plymouth Lea | 1 |
| 54.03 | 652 | F | 02/05/15 | ASA South West Summer Championships | Plymouth | Plymouth Lea | 1 |
| 52.97 | 692 | H | 02/05/15 | ASA South West Summer Championships | Plymouth | Plymouth Lea | 1 |
| 52.84 | 697 | F | 28/03/15 | City of Sheffield Swim Squad Premier Meet | Sheffield | Plymouth Lea | 1 |
| 52.30 | 719 | H | 28/03/15 | City of Sheffield Swim Squad Premier Meet | Sheffield | Plymouth Lea | 1 |
| 52.84 | 697 | H | 22/02/15 | BUCS Long Course Championships 2015 | Sheffield | | 1 |
| 54.66 | 630 | F | 07/02/15 | VII Meeting Internacional De Lisboa | Lisbon | Plymouth Lea | 1 |
| 53.05 | 689 | H | 07/02/15 | VII Meeting Internacional De Lisboa | Lisbon | Plymouth Lea | 1 |
| 53.00 | 691 | F | 09/08/14 | BG ASA Youth & MC Championships 2014 | Sheffield | Basingstoke | 1 |
| 52.10 | 727 | S | 08/08/14 | BG ASA Youth & MC Championships 2014 | Sheffield | Basingstoke | 1 |
| 52.61 | 706 | H | 08/08/14 | BG ASA Youth & MC Championships 2014 | Sheffield | Basingstoke | 1 |
| 52.79 | 699 | H | 27/07/14 | National Youth Team Championships | Portugal | | 1 |
| 51.66 | 746 | F | 13/04/14 | British Gas Championships 2014 | Glasgow | Basingstoke | 1 |
| 51.64 | 747 | H | 12/04/14 | British Gas Championships 2014 | Glasgow | Basingstoke | 1 |
| 53.27 | 680 | | 15/03/14 | Hampshire County Championships | Portsmouth | Basingstoke | 1 |
| 52.61 | 706 | | 15/03/14 | Hampshire County Championships | Portsmouth | Basingstoke | 1 |
| 54.90 | 621 | F | 08/02/14 | Wycombe District Annual LC Open Meet | Wycombe | Basingstoke | 1 |
| 53.94 | 655 | F | 25/01/14 | ASA South Zonal Competition | Millfield School | Basingstoke | 1 |
| 54.25 | 644 | H | 25/01/14 | ASA South Zonal Competition | Millfield School | Basingstoke | 1 |
| 52.80 | 699 | F | 17/01/14 | Catalan Swimming Championships | Barcelona, Spain | Basingstoke | 1 |
| 53.89 | 657 | H | 17/01/14 | Catalan Swimming Championships | Barcelona, Spain | Basingstoke | 1 |
| 52.97 | 692 | F | 03/12/13 | World School Games | Brasilia | Basingstoke | 1 |
| 55.46 | 603 | H | 03/12/13 | World School Games | Brasilia | Basingstoke | 1 |
| 52.25 | 721 | F | 03/08/13 | BG ASA National Youth Championships | Sheffield | Basingstoke | 1 |
| 52.01 | 731 | S | 02/08/13 | BG ASA National Youth Championships | Sheffield | Basingstoke | 1 |
| 52.07 | 728 | H | 02/08/13 | BG ASA National Youth Championships | Sheffield | Basingstoke | 1 |
| 52.00 | 731 | R | 30/07/13 | BG ASA National Youth Championships | Sheffield | Basingstoke | 1 |
| 52.08 | 728 | R | 30/07/13 | BG ASA National Youth Championships | Sheffield | Basingstoke | 1 |
| 52.94 | 693 | H | 30/06/13 | ESSA National Inter-Divisional Meet 2013 | Liverpool | Basingstoke | 1 |
| 53.88 | 657 | | 05/05/13 | BG South East Region Youth Champs | Crawley | Basingstoke | 1 |
| 52.87 | 696 | | 05/05/13 | BG South East Region Youth Champs | Crawley | Basingstoke | 1 |
| 53.79 | 661 | F | 31/03/13 | Portsmouth Northsea Easter Festival 2013 | Portsmouth | Basingstoke | 1 |

| | | | | | | | |
|---------|-----|---|----------|--|--------------|-------------|---|
| 52.82 | 698 | F | 31/03/13 | Portsmouth Northsea Easter Festival 2013 | Portsmouth | Basingstoke | 1 |
| 52.47 | 712 | F | 24/03/13 | ESSA South East Region Inter County Gala | Surrey | Basingstoke | 1 |
| 53.06 | 688 | | 16/03/13 | Hampshire County Championships | Portsmouth | Basingstoke | 1 |
| 52.04 | 730 | | 16/03/13 | Hampshire County Championships | Portsmouth | Basingstoke | 1 |
| 53.62 | 667 | F | 10/03/13 | British Gas International 2013 | Leeds | Basingstoke | 1 |
| 53.37 | 676 | H | 10/03/13 | British Gas International 2013 | Leeds | Basingstoke | 1 |
| 54.02 | 652 | | 26/01/13 | ASA Southern Region Zonal Competition | Crawley | Basingstoke | 1 |
| 54.58 | 632 | | 26/01/13 | ASA Southern Region Zonal Competition | Crawley | Basingstoke | 1 |
| 53.45 | 673 | F | 12/01/13 | Portsmouth Northsea SC Level 1 Open Meet | Portsmouth | Basingstoke | 1 |
| 53.20 | 683 | F | 15/12/12 | Hillingdon SC Level 1 Winter Open Meet | Hillingdon | Basingstoke | 1 |
| 53.34 | 678 | H | 15/12/12 | Hillingdon SC Level 1 Winter Open Meet | Hillingdon | Basingstoke | 1 |
| 54.42 | 638 | H | 28/10/12 | Rushmoor Royals SC 10th Autumn Open Meet | Aldershot | Basingstoke | 1 |
| 53.08 | 688 | F | 19/07/12 | BG ASA National Youth Championships 2012 | Sheffield | Basingstoke | 1 |
| 52.80 | 699 | S | 18/07/12 | BG ASA National Youth Championships 2012 | Sheffield | Basingstoke | 1 |
| 52.45 | 713 | H | 18/07/12 | BG ASA National Youth Championships 2012 | Sheffield | Basingstoke | 1 |
| 52.32 | 718 | H | 23/06/12 | BG ASA National Championships 2012 | Sheffield | Basingstoke | 1 |
| 54.90 | 621 | | 06/05/12 | British Gas South East Youth Championship | Crawley | Basingstoke | 1 |
| 53.40 | 675 | | 06/05/12 | British Gas South East Youth Championship | Crawley | Basingstoke | 1 |
| 53.13 | 686 | F | 08/04/12 | Portsmouth Northsea Easter Festival | Portsmouth | Basingstoke | 1 |
| 53.68 | 665 | H | 08/04/12 | Portsmouth Northsea Easter Festival | Portsmouth | Basingstoke | 1 |
| 54.09 | 650 | | 17/03/12 | Hampshire County Championships | Portsmouth | Basingstoke | 1 |
| 52.99 | 691 | | 17/03/12 | Hampshire County Championships | Portsmouth | Basingstoke | 1 |
| 52.88 | 695 | H | 06/03/12 | British Gas Swimming Championships 2012 | London | Basingstoke | 1 |
| 54.84 | 623 | F | 11/02/12 | Wycombe District Open Meet 2012 | Wycombe | Basingstoke | 1 |
| 52.49 | 711 | F | 14/01/12 | Portsmouth Open Meet | Portsmouth | Basingstoke | 1 |
| 54.12 | 649 | F | 17/12/11 | Hillingdon Winter Open Meet | Hillingdon | Basingstoke | 1 |
| 54.47 | 636 | | 03/12/11 | South East Region Open & Junior Champs | Aldershot | Basingstoke | 1 |
| 54.07 | 650 | | 03/12/11 | South East Region Open & Junior Champs | Aldershot | Basingstoke | 1 |
| 52.89 | 695 | F | 26/11/11 | Portsmouth Northsea Christmas Cracker Meet | Portsmouth | Basingstoke | 1 |
| 55.31 | 608 | F | 01/10/11 | Portsmouth Northsea Open Meet | Portsmouth | Basingstoke | 3 |
| 54.49 | 635 | S | 28/07/11 | British Gas ASA National Youth Champs | Sheffield | Basingstoke | 1 |
| 54.28 | 643 | H | 28/07/11 | British Gas ASA National Youth Champs | Sheffield | Basingstoke | 1 |
| 54.79 | 625 | F | 09/07/11 | Portsmouth Northsea Non Qualifier Meet | Portsmouth | Basingstoke | 3 |
| 54.68 | 629 | H | 28/05/11 | Crystal Palace Beacon Long Course Meet | London | Basingstoke | 1 |
| 54.98 | 619 | | 01/05/11 | BG South East Region Youth Championships | Crawley | Basingstoke | 1 |
| 54.69 | 629 | | 01/05/11 | BG South East Region Youth Championships | Crawley | Basingstoke | 1 |
| 54.41 | 638 | F | 24/04/11 | Portsmouth Northsea Easter Swim Festival | Portsmouth | Basingstoke | 1 |
| 54.67 | 629 | H | 24/04/11 | Portsmouth Northsea Easter Swim Festival | Portsmouth | Basingstoke | 1 |
| 54.58 | 632 | | 12/03/11 | Hampshire County Championships | Portsmouth | Basingstoke | 1 |
| 54.57 | 633 | | 12/03/11 | Hampshire County Championships | Portsmouth | Basingstoke | 1 |
| 56.55 | 568 | F | 12/02/11 | Wycombe District Annual Long Course Meet | High Wycombe | Basingstoke | 1 |
| 56.14 | 581 | | 30/01/11 | London, South East and South West Zonal | London | Basingstoke | 1 |
| 55.51 | 601 | | 30/01/11 | London, South East and South West Zonal | London | Basingstoke | 1 |
| 56.24 | 578 | F | 20/11/10 | Crawley Not So Early Bird | Crawley | Basingstoke | 1 |
| 55.33 | 607 | F | 29/07/10 | British Gas Nat Age Grps | Sheffield | Basingstoke | 1 |
| 55.37 | 606 | H | 29/07/10 | British Gas Nat Age Grps | Sheffield | Basingstoke | 1 |
| 55.51 | 601 | R | 28/07/10 | British Gas Nat Age Grps | Sheffield | Basingstoke | 1 |
| 56.83 | 560 | | 29/05/10 | BG South East Region Age Groups | Crawley | Basingstoke | 1 |
| 56.86 | 559 | H | 09/05/10 | Beckenham Open | London | Basingstoke | 1 |
| 57.05 | 554 | | 03/04/10 | Portsmouth Northsea Easter Meet | Portsmouth | Basingstoke | 1 |
| 57.03 | 554 | | 03/04/10 | Portsmouth Northsea Easter Meet | Portsmouth | Basingstoke | 1 |
| 58.01 | 527 | F | 21/11/09 | Crawley Not So Early Bird | Crawley | Basingstoke | 1 |
| 1:00.16 | 472 | | 30/05/09 | South East Region Champs | Crawley | Basingstoke | 1 |
| 1:02.12 | 429 | H | 09/05/09 | RSR No Frills meet | Aldershot | Basingstoke | 2 |

