

# Individual Best Times (All Time)

Reece Nicholls - (440315) - Basildon and Phoenix SC - 200 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 |
|---------|--------|-------|----------|--|---------------------|-----------------|-------|
| 2:12.43 | 603    | F     | 05/08/16 | ASA Summer Nationals 2016                      | Sheffield           | Basildon Ph     | 1     |
| 2:14.26 | 579    | H     | 22/01/17 | Essex Age Group Championships 2017             | Basildon            | Basildon Ph     | 1     |
| 2:14.26 | 579    | H     | 22/01/17 | Essex Age Group Championships                  | London              | Basildon Ph     | 1     |
| 2:14.26 | 579    | H     | 22/01/17 | Essex Age Group Championships 2017             | Basildon            | Basildon Ph     | 1     |
| 2:14.70 | 573    | H     | 24/01/16 | Essex Age Group Championships 2016             | Basildon            | Basildon Ph     | 1     |
| 2:14.70 | 573    | H     | 24/01/16 | Essex Age Group Championships 2016             | Basildon            | Basildon Ph     | 1     |
| 2:14.79 | 572    | H     | 01/05/16 | ASA East Region Long Course Championships      | Norwich             | Basildon Ph     | 1     |
| 2:14.90 | 571    | H     | 26/03/16 | Basildon & Phoenix Easter LC Meet 2016         | Basildon            |                 | 1     |
| 2:15.38 | 565    | H     | 29/07/15 | British Summer Championships                   | Sheffield           |                 | 1     |
| 2:15.74 | 560    | F     | 04/05/15 | London Region Summer Championships             | Crystal Palace      |                 | 1     |
| 2:15.87 | 558    | H     | 16/04/16 | Team Luton April Long Course Meet              | Luton               | Basildon Ph     | 1     |
| 2:15.96 | 557    | F     | 01/05/16 | ASA East Region Long Course Championships      | Norwich             | Basildon Ph     | 1     |
| 2:16.17 | 555    | H     | 05/08/16 | ASA Summer Nationals 2016                      | Sheffield           | Basildon Ph     | 1     |
| 2:17.11 | 543    | H     | 28/06/15 | ESSA Inter-Divisional Championships            | Sunderland          |                 | 1     |
| 2:17.44 | 539    | F     | 16/05/15 | MCASA Long Course Open Meet                    | Luton               | Enfield Sq      | 1     |
| 2:17.63 | 537    | F     | 15/03/15 | London Schools Championships 2015              | Crystal Palace      |                 | 1     |
| 2:18.01 | 533    | H     | 05/04/15 | Basildon & Phoenix LC Easter Meet              | Basildon            |                 | 1     |
| 2:19.00 | 522    | F     | 18/04/15 | Crawley Spring LC Open Meet 2015               | Crawley             | Enfield Sq      | 1     |
| 2:19.03 | 521    | H     | 16/04/17 | BPSC Easter Meet 2017                          | Basildon            | Basildon Ph     | 1     |
| 2:19.17 | 520    | H     | 31/01/15 | London Swimming South Region Zonal Meet 2015   | London Aquatic Cent |                 | 1     |
| 2:19.17 | 520    | H     | 04/05/15 | London Region Summer Championships             | Crystal Palace      |                 | 1     |
| 2:19.52 | 516    | H     | 19/07/15 | Basildon & Phoenix LC End of Season Meet       | Basildon            |                 | 3     |
| 2:20.87 | 501    | H     | 20/07/14 | Basildon & Phoenix End of Season Meet          | Basildon            |                 | 3     |
| 2:21.05 | 499    | H     | 25/05/14 | Team Luton Last Chance National Qualifier 2014 | Luton               | BorRedbridge    | 1     |
| 2:21.40 | 495    | H     | 30/04/17 | ASA East Long Course Championships             | Luton               | Basildon Ph     | 1     |
| 2:21.48 | 495    | H     | 07/06/14 | London Region Age Group Championships          | Stratford           | BorRedbridge    | 1     |
| 2:21.60 | 492    | H     | 27/04/14 | Basildon Long Course Open Meet                 | London              | BorRedbridge    | 1     |

|         |     |   |          |  |                |              |   |
|---------|-----|---|----------|--|----------------|--------------|---|
| 2:21.09 | 492 | H | 27/04/14 | Bexley Long Course Open Meet               | London         | BorRedbridge | 1 |
| 2:22.16 | 487 | F | 07/06/14 | London Region Age Group Championships      | Stratford      | BorRedbridge | 1 |
| 2:22.45 | 484 | H | 20/04/14 | Basildon & Phoenix Easter Long Course Meet | Basildon       | BorRedbridge | 1 |
| 2:25.32 | 456 | H | 11/01/14 | City of Derby Long Course L1 Meet          | Sheffield      | BorRedbridge | 1 |
| 2:25.45 | 455 | H | 17/11/13 | Team Luton Autumn LC Open Meet             | Luton          | BorRedbridge | 1 |
| 2:25.87 | 451 | H | 22/12/13 | Basildon & Phoenix Winter Long Course Meet | Basildon       | BorRedbridge | 1 |
| 2:25.99 | 450 | H | 24/11/13 | Essex Winter Long Course Competition       | Basildon       | BorRedbridge | 1 |
| 2:26.88 | 442 | H | 13/04/14 | LSSA Championships                         | Crystal Palace | BorRedbridge | 1 |
| 2:26.99 | 441 | H | 08/12/13 | London Winter Championships                | Ealing         | BorRedbridge | 1 |
| 2:27.26 | 439 | F | 08/12/13 | London Winter Championships                | Ealing         | BorRedbridge | 1 |
| 2:27.62 | 435 | F | 01/06/13 | ASA London Region Age Groups 2013          | London         | BorRedbridge | 1 |
| 2:28.04 | 432 | H | 01/06/13 | ASA London Region Age Groups 2013          | London         | BorRedbridge | 1 |
| 2:30.56 | 410 | H | 28/04/13 | London Schools Swimming Association Champs | Crystal Palace | BorRedbridge | 1 |
| 2:30.99 | 407 | H | 14/04/13 | Bexley SC Long Course Open Meet            | London         | BorRedbridge | 1 |
| 2:34.83 | 377 | H | 19/01/13 | Killerwhales SC Winter Open Meet           | Basildon       | BorRedbridge | 1 |
| 2:35.41 | 373 | H | 25/11/12 | Essex Winter Long Course Championships     | Basildon       | BorRedbridge | 1 |
| 2:35.84 | 370 | H | 16/12/12 | Basildon & Phoenix LC Winter Meet          | Basildon       | BorRedbridge | 1 |
| 2:41.03 | 335 | H | 02/06/12 | British Gas ASA London Region AG Champs    | Crystal Palace | BorRedbridge | 1 |
| 2:41.24 | 334 | H | 15/04/12 | Bexley SC Open Long Course Meet            | London         | BorRedbridge | 1 |
| 2:41.45 | 333 | F | 02/06/12 | British Gas ASA London Region AG Champs    | Crystal Palace | BorRedbridge | 1 |
| 2:45.81 | 307 | F | 04/06/11 | BG London Region Bagcat Championships      | London         | BorRedbridge | 1 |
| 2:46.30 | 304 | H | 04/06/11 | BG London Region Bagcat Championships      | London         | BorRedbridge | 1 |
| 2:49.48 | 287 | H | 10/04/11 | Bexley Long Course Open Meet               | Crystal Palace | BorRedbridge | 1 |
| 2:53.38 | 268 | H | 31/10/10 | Rushmoor Royals Open                       | Aldershot      | BorRedbridge | 1 |
| 2:53.59 | 268 | F | 18/12/10 | Hillingdon Winter Meet                     | Hillingdon     | BorRedbridge | 1 |
| 2:54.73 | 262 | F | 05/06/10 | BG London Region Bagcats                   | London         | BorRedbridge | 1 |
| 2:55.54 | 259 | H | 22/05/10 | Bracknell & Wokingham Meet                 | Aldershot      | BorRedbridge | 1 |
| 2:55.90 | 257 | H | 05/04/10 | Derventio Excel Open 2010                  | Sheffield      | BorRedbridge | 1 |
| 2:56.28 | 255 | H | 05/06/10 | BG London Region Bagcats                   | London         | BorRedbridge | 1 |
| 3:07.81 | 211 |   | 19/12/09 | Plymouth Leander Open Mt                   | Millfield      | BorRedbridge | 1 |

## Swims in Date Order

| Time    | WA Pts | Round | Date     | Meet                                      | Venue          | Club Swam Under | Level |
|---------|--------|-------|----------|---|----------------|-----------------|-------|
| 2:21.40 | 495    | H     | 30/04/17 | ASA East Long Course Championships        | Luton          | Basildon Ph     | 1     |
| 2:19.03 | 521    | H     | 16/04/17 | BPSC Easter Meet 2017                     | Basildon       | Basildon Ph     | 1     |
| 2:14.26 | 579    | H     | 22/01/17 | Essex Age Group Championships 2017        | Basildon       | Basildon Ph     | 1     |
| 2:14.26 | 579    | H     | 22/01/17 | Essex Age Group Championships             | London         | Basildon Ph     | 1     |
| 2:14.26 | 579    | H     | 22/01/17 | Essex Age Group Championships 2017        | Basildon       | Basildon Ph     | 1     |
| 2:12.43 | 603    | F     | 05/08/16 | ASA Summer Nationals 2016                 | Sheffield      | Basildon Ph     | 1     |
| 2:16.17 | 555    | H     | 05/08/16 | ASA Summer Nationals 2016                 | Sheffield      | Basildon Ph     | 1     |
| 2:15.96 | 557    | F     | 01/05/16 | ASA East Region Long Course Championships | Norwich        | Basildon Ph     | 1     |
| 2:14.79 | 572    | H     | 01/05/16 | ASA East Region Long Course Championships | Norwich        | Basildon Ph     | 1     |
| 2:15.87 | 558    | H     | 16/04/16 | Team Luton April Long Course Meet         | Luton          | Basildon Ph     | 1     |
| 2:14.90 | 571    | H     | 26/03/16 | Basildon & Phoenix Easter LC Meet 2016    | Basildon       |                 | 1     |
| 2:14.70 | 573    | H     | 24/01/16 | Essex Age Group Championships 2016        | Basildon       | Basildon Ph     | 1     |
| 2:14.70 | 573    | H     | 24/01/16 | Essex Age Group Championships 2016        | Basildon       | Basildon Ph     | 1     |
| 2:15.38 | 565    | H     | 29/07/15 | British Summer Championships              | Sheffield      |                 | 1     |
| 2:19.52 | 516    | H     | 19/07/15 | Basildon & Phoenix LC End of Season Meet  | Basildon       |                 | 3     |
| 2:17.11 | 543    | H     | 28/06/15 | ESSA Inter-Divisional Championships       | Sunderland     |                 | 1     |
| 2:17.44 | 539    | F     | 16/05/15 | MCASA Long Course Open Meet               | Luton          | Enfield Sq      | 1     |
| 2:15.74 | 560    | F     | 04/05/15 | London Region Summer Championships        | Crystal Palace |                 | 1     |
| 2:19.17 | 520    | H     | 04/05/15 | London Region Summer Championships        | Crystal Palace |                 | 1     |
| 2:19.00 | 522    | F     | 18/04/15 | Crawley Spring LC Open Meet 2015          | Crawley        | Enfield Sq      | 1     |

|         |     |   |          |  |                     |              |   |
|---------|-----|---|----------|--|---------------------|--------------|---|
| 2:18.01 | 533 | H | 05/04/15 | Basildon & Phoenix LC Easter Meet              | Basildon            |              | 1 |
| 2:17.63 | 537 | F | 15/03/15 | London Schools Championships 2015              | Crystal Palace      |              | 1 |
| 2:19.17 | 520 | H | 31/01/15 | London Swimming South Region Zonal Meet 2015   | London Aquatic Cent |              | 1 |
| 2:20.87 | 501 | H | 20/07/14 | Basildon & Phoenix End of Season Meet          | Basildon            |              | 3 |
| 2:22.16 | 487 | F | 07/06/14 | London Region Age Group Championships          | Stratford           | BorRedbridge | 1 |
| 2:21.48 | 495 | H | 07/06/14 | London Region Age Group Championships          | Stratford           | BorRedbridge | 1 |
| 2:21.05 | 499 | H | 25/05/14 | Team Luton Last Chance National Qualifier 2014 | Luton               | BorRedbridge | 1 |
| 2:21.69 | 492 | H | 27/04/14 | Bexley Long Course Open Meet                   | London              | BorRedbridge | 1 |
| 2:22.45 | 484 | H | 20/04/14 | Basildon & Phoenix Easter Long Course Meet     | Basildon            | BorRedbridge | 1 |
| 2:26.88 | 442 | H | 13/04/14 | LSSA Championships                             | Crystal Palace      | BorRedbridge | 1 |
| 2:25.32 | 456 | H | 11/01/14 | City of Derby Long Course L1 Meet              | Sheffield           | BorRedbridge | 1 |
| 2:25.87 | 451 | H | 22/12/13 | Basildon & Phoenix Winter Long Course Meet     | Basildon            | BorRedbridge | 1 |
| 2:27.26 | 439 | F | 08/12/13 | London Winter Championships                    | Ealing              | BorRedbridge | 1 |
| 2:26.99 | 441 | H | 08/12/13 | London Winter Championships                    | Ealing              | BorRedbridge | 1 |
| 2:25.99 | 450 | H | 24/11/13 | Essex Winter Long Course Competition           | Basildon            | BorRedbridge | 1 |
| 2:25.45 | 455 | H | 17/11/13 | Team Luton Autumn LC Open Meet                 | Luton               | BorRedbridge | 1 |
| 2:27.62 | 435 | F | 01/06/13 | ASA London Region Age Groups 2013              | London              | BorRedbridge | 1 |
| 2:28.04 | 432 | H | 01/06/13 | ASA London Region Age Groups 2013              | London              | BorRedbridge | 1 |
| 2:30.56 | 410 | H | 28/04/13 | London Schools Swimming Association Champs     | Crystal Palace      | BorRedbridge | 1 |
| 2:30.99 | 407 | H | 14/04/13 | Bexley SC Long Course Open Meet                | London              | BorRedbridge | 1 |
| 2:34.83 | 377 | H | 19/01/13 | Killerwhales SC Winter Open Meet               | Basildon            | BorRedbridge | 1 |
| 2:35.84 | 370 | H | 16/12/12 | Basildon & Phoenix LC Winter Meet              | Basildon            | BorRedbridge | 1 |
| 2:35.41 | 373 | H | 25/11/12 | Essex Winter Long Course Championships         | Basildon            | BorRedbridge | 1 |
| 2:41.45 | 333 | F | 02/06/12 | British Gas ASA London Region AG Champs        | Crystal Palace      | BorRedbridge | 1 |
| 2:41.03 | 335 | H | 02/06/12 | British Gas ASA London Region AG Champs        | Crystal Palace      | BorRedbridge | 1 |
| 2:41.24 | 334 | H | 15/04/12 | Bexley SC Open Long Course Meet                | London              | BorRedbridge | 1 |
| 2:45.81 | 307 | F | 04/06/11 | BG London Region Bagcat Championships          | London              | BorRedbridge | 1 |
| 2:46.30 | 304 | H | 04/06/11 | BG London Region Bagcat Championships          | London              | BorRedbridge | 1 |
| 2:49.48 | 287 | H | 10/04/11 | Bexley Long Course Open Meet                   | Crystal Palace      | BorRedbridge | 1 |
| 2:53.59 | 268 | F | 18/12/10 | Hillingdon Winter Meet                         | Hillingdon          | BorRedbridge | 1 |
| 2:53.38 | 268 | H | 31/10/10 | Rushmoor Royals Open                           | Aldershot           | BorRedbridge | 1 |
| 2:54.73 | 262 | F | 05/06/10 | BG London Region Bagcats                       | London              | BorRedbridge | 1 |
| 2:56.28 | 255 | H | 05/06/10 | BG London Region Bagcats                       | London              | BorRedbridge | 1 |
| 2:55.54 | 259 | H | 22/05/10 | Bracknell & Wokingham Meet                     | Aldershot           | BorRedbridge | 1 |
| 2:55.90 | 257 | H | 05/04/10 | Derventio Excel Open 2010                      | Sheffield           | BorRedbridge | 1 |
| 3:07.81 | 211 |   | 19/12/09 | Plymouth Leander Open Mt                       | Millfield           | BorRedbridge | 1 |