

# Individual Best Times (All Time)

Nathan Wells - (451158) - West Norfolk Swimming Club - 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
57.32	729	F	05/08/17	Swim England National Summer Meet (50m)	Sheffield	Lboro Uni	1
57.35	728	R	28/07/23	British Summer Championships	Sheffield	West Norfolk	1
57.45	724	H	05/04/23	British Swimming Championships 2023	Sheffield	West Norfolk	1
57.56	720	H	06/04/22	British Championships 2022	Sheffield	West Norfolk	1
57.63	717	F	25/07/18	British Summer Championships	Sheffield	Lboro Uni	1
57.68	715	H	25/07/18	British Summer Championships	Sheffield	Lboro Uni	1
57.73	714	H	24/07/23	British Summer Championships	Sheffield	West Norfolk	1
57.74	713	F	06/05/19	Swim England East Region Long Course Champs	Inspire Luton	West Norfolk	1
57.76	712	H	24/07/19	British Summer Championships	Glasgow	Lboro Uni	1
58.00	704	H	24/07/22	British Summer Championships	Sheffield	West Norfolk	1
58.05	702	F	17/04/22	City of Norwich SC Easter Meet 2022	Norwich		1
58.15	698	H	17/04/22	City of Norwich SC Easter Meet 2022	Norwich		1
58.35	691	H	05/08/17	Swim England National Summer Meet (50m)	Sheffield	Lboro Uni	1
58.41	689	H	25/03/23	City of Sheffield SS Premier Open Meet 2023	Sheffield	West Norfolk	1
58.60	682	F	05/04/18	Malmsten Swim Open Stockholm 2018	Stockholm	Lboro Uni	1
58.63	681	F	01/05/17	ASA East Long Course Championships	Luton	West Norfolk	1
58.66	680	F	02/05/22	SE East Region Long Course Championships 2022	Norwich	West Norfolk	1
58.69	679	F	04/02/23	Norfolk County Championships 2023	Norwich	West Norfolk	1
58.93	671	H	05/04/18	Malmsten Swim Open Stockholm 2018	Stockholm	Lboro Uni	1
58.99	669	F	23/03/19	Wycombe Swimming's 4th LC Premier Meet	Wycombe	West Norfolk	1
59.04	667	F	25/03/17	City of Sheffield Premier Meet	Sheffield	West Norfolk	1
59.04	667	H	07/08/21	British Swimming Festival of Swimming East Region	London Aquatic Centr	West Norfolk	1
59.12	664	F	25/03/23	City of Sheffield SS Premier Open Meet 2023	Sheffield	West Norfolk	1
59.16	663	H	07/07/19	Swim England East Region Inter County Competition	UEA Sportspark	Norfolk	1
59.16	663	H	04/05/24	Swim England East Region LC Championships 2024	Norwich	West Norfolk	1
59.19	662	H	05/05/19	Swim England East Region Long Course Champs	Inspire Luton	West Norfolk	1
59.24	660	H	28/01/24	SE Norfolk County Championships 2024	Norwich	West Norfolk	1

59.24	600	M	20/01/24	SE Norfolk County Championships 2024	Norwich	West Norfolk	1
59.36	656	F	28/01/24	SE Norfolk County Championships 2024	Norwich	West Norfolk	1
59.45	653	H	04/02/23	Norfolk County Championships 2023	Norwich	West Norfolk	1
59.48	652	H	01/05/17	ASA East Long Course Championships	Luton	West Norfolk	1
59.49	652	H	25/03/17	City of Sheffield Premier Meet	Sheffield	West Norfolk	1
59.50	652	H	07/04/24	Derby Excel April Meet	Sheffield	West Norfolk	1
59.52	651	H	14/01/23	City of Derby SC 19th LC Open Meet 2023	Sheffield	West Norfolk	1
59.54	650	H	09/03/24	City of Sheffield SS Premier Open Meet 2024	Sheffield	West Norfolk	1
59.58	649	H	01/05/23	Swim England East Region LC Championships 2023	Norwich	West Norfolk	1
59.61	648	F	01/05/23	Swim England East Region LC Championships 2023	Norwich	West Norfolk	1
59.63	647	H	08/07/18	Swim England East Region Inter County Competition	UEA Sportspark	Norfolk	1
59.64	647	F	09/03/24	City of Sheffield SS Premier Open Meet 2024	Sheffield	West Norfolk	1
59.65	647	H	27/05/18	DX 2nd Long Course Open Meet	Sheffield	Lboro Uni	1
59.68	646	F	25/01/20	Norfolk County Championships 2020	Norwich	West Norfolk	1
59.69	646	F	26/01/19	Norfolk County Championships 2019	Norwich	West Norfolk	1
59.71	645	F	06/01/18	Norfolk County Championships 2018	Norwich	West Norfolk	1
59.78	643	F	08/08/15	ASA Summer Nationals 2015	Sheffield	West Norfolk	1
59.79	642	H	23/06/24	Norwich Swan & West Norfolk Boudicca L3 Open Meet	Norwich	West Norfolk	3
59.91	638	H	08/08/15	ASA Summer Nationals 2015	Sheffield	West Norfolk	1
1:00.18	630	H	02/05/22	SE East Region Long Course Championships 2022	Norwich	West Norfolk	1
1:00.28	627	H	27/02/22	Norfolk County Championships	UEA Sportspark	West Norfolk	1
1:00.32	625	H	12/03/22	Putteridge SC Spring LC National Qualifier 2022	Luton	West Norfolk	1
1:00.35	625	F	02/05/16	ASA East Region Long Course Championships	Norwich	West Norfolk	1
1:00.55	618	H	02/05/16	ASA East Region Long Course Championships	Norwich	West Norfolk	1
1:00.61	617	F	16/05/15	Northampton Spring Festival	Corby	West Norfolk	1
1:00.63	616	H	27/03/16	UEA City of Norwich Easter Long Course Meet	Norwich	West Norfolk	1
1:00.64	616	H	11/07/15	Bishops Stortford End of Season LC Open Meet	Luton	West Norfolk	3
1:00.72	613	F	04/11/17	East Region Winter Championships	Norwich	West Norfolk	1
1:00.78	611	F	04/05/15	ASA East Region Summer Championships Weekend 1	Luton	West Norfolk	1
1:00.79	611	H	05/04/15	UEA City of Norwich Easter LC Meet 2015	Norwich		1
1:00.88	608	H	04/05/15	ASA East Region Summer Championships Weekend 1	Luton	West Norfolk	1
1:00.97	606	H	12/04/15	Derventio Excel 9th Open Meet	Sheffield	West Norfolk	1
1:01.01	604	F	27/03/16	UEA City of Norwich Easter Long Course Meet	Norwich	West Norfolk	1
1:01.12	601	F	14/05/16	Northampton 2016 Long Course Spring Festival	Corby	West Norfolk	1
1:01.17	600	H	25/01/20	Norfolk County Championships 2020	Norwich	West Norfolk	1
1:01.31	596	H	20/12/14	Northampton Winter Festival Meet	Corby	West Norfolk	1
1:01.32	595	F	05/04/15	UEA City of Norwich Easter LC Meet 2015	Norwich		1
1:01.43	592	H	10/07/16	ASA East Region Inter County Team Competition	Norwich	Norfolk	1
1:01.55	589	H	18/10/14	Lincoln Vulcans Long Course L1 Meet	Sheffield	West Norfolk	1
1:01.55	589	F	07/02/15	UEA City of Norwich SC February Groundhog Meet	Norwich		1
1:01.66	586	F	08/02/14	UEA City of Norwich Groundhog LC Meet 2014	Norwich	West Norfolk	1
1:01.72	584	H	25/05/14	Team Luton Last Chance National Qualifier 2014	Luton	West Norfolk	1
1:01.81	581	H	03/05/14	ASA East Region Youth Championships	Luton	West Norfolk	1
1:01.83	581	H	14/05/16	Northampton 2016 Long Course Spring Festival	Corby	West Norfolk	1
1:01.93	578	F	04/05/24	Swim England East Region LC Championships 2024	Norwich	West Norfolk	1
1:02.00	576	F	25/01/14	Central Zonal Meet 2014	Corby	West Norfolk	1
1:02.02	575	F	08/12/13	ASA East Regionals Winter Championships	Norwich	West Norfolk	1
1:02.02	575	F	17/05/14	Northampton SC Spring Festival Open Meet	Corby	West Norfolk	1
1:02.04	575	F	03/05/14	ASA East Region Youth Championships	Luton	West Norfolk	1
1:02.23	570	H	06/01/18	Norfolk County Championships 2018	Norwich	West Norfolk	1
1:02.25	569	H	25/01/14	Central Zonal Meet 2014	Corby	West Norfolk	1
1:02.25	569	H	16/05/15	Northampton Spring Festival	Corby	West Norfolk	1
1:02.28	568	H	17/11/13	Team Luton Autumn LC Open Meet	Luton	West Norfolk	1
1:02.28	568	H	08/12/13	ASA East Regionals Winter Championships	Norwich	West Norfolk	1

1:02.52	562	H	04/11/17	East Region Winter Championships	Norwich	West Norfolk	1
1:02.60	560	H	17/05/14	Northampton SC Spring Festival Open Meet	Corby	West Norfolk	1
1:02.64	558	H	25/05/13	City of Sheffield No Frill Meet	Sheffield	West Norfolk	1
1:02.66	558	H	18/05/13	Northampton Spring Meet 2013	Corby	West Norfolk	1
1:02.92	551	F	19/04/14	UEA City of Norwich Easter LC Meet 2014	Norwich	West Norfolk	1
1:03.06	547	H	21/12/13	Northampton Winter Festival Open Meet	Corby	West Norfolk	1
1:03.12	546	H	19/10/13	Lincoln Vulcans Long Course Meet	Sheffield	West Norfolk	1
1:03.21	543	H	04/05/13	ASA East Region Youth Championships	Luton	West Norfolk	1
1:03.32	541	F	18/05/13	Northampton Spring Meet 2013	Corby	West Norfolk	1
1:03.51	536	H	19/04/14	UEA City of Norwich Easter LC Meet 2014	Norwich	West Norfolk	1
1:03.54	535	H	26/01/19	Norfolk County Championships 2019	Norwich	West Norfolk	1
1:04.73	506	H	29/03/13	City of Sheffield Premier Meet 2013	Sheffield	West Norfolk	1
1:05.20	495	H	26/01/13	ASA Central Region Zonal Competition	Corby	West Norfolk	1
1:05.31	493	H	20/10/12	Lincoln Vulcans SC LC Open Meet	Sheffield	West Norfolk	1
1:06.28	471	H	26/05/12	City of Sheffield No Frills Gala	Sheffield	West Norfolk	1
1:06.43	468	H	02/06/12	British Gas ASA East Region BAGCAT Champs	Norwich	West Norfolk	1
1:08.35	430	H	08/04/12	UEA City of Norwich Easter Meet	Norwich	West Norfolk	1
1:11.19	380	H	15/10/11	Lincoln Vulcans Open Meet	Sheffield	West Norfolk	1
1:11.78	371	H	04/06/11	BG East Region Bagcat Championships	Norwich	West Norfolk	1
1:11.90	369	H	15/05/11	Rotherham Metro Level One Meet	Sheffield	West Norfolk	1
1:13.66	343	H	10/04/11	City of Norwich Easter Meet	Norwich	West Norfolk	1
1:14.69	329	H	16/10/10	Lincoln Vulcans Open Meet	Sheffield	West Norfolk	1
1:18.80	280	H	05/06/10	BG East Region Bagcats	Norwich	West Norfolk	1
1:19.28	275	H	04/04/10	City of Norwich Easter Meet	Norwich	West Norfolk	1
1:21.70	251	H	17/10/09	Lincoln Vulcans Open Meet	Sheffield	West Norfolk	1
1:31.59	178	H	18/10/08	Lincoln Vulcans LC Open	Sheffield	West Norfolk	1
1:32.90	171	H	10/01/09	City of Derby Open Meet	Sheffield	West Norfolk	1

## Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
59.79	642	H	23/06/24	Norwich Swan & West Norfolk Boudicca L3 Open Meet	Norwich	West Norfolk	3
1:01.93	578	F	04/05/24	Swim England East Region LC Championships 2024	Norwich	West Norfolk	1
59.16	663	H	04/05/24	Swim England East Region LC Championships 2024	Norwich	West Norfolk	1
59.50	652	H	07/04/24	Derby Excel April Meet	Sheffield	West Norfolk	1
59.64	647	F	09/03/24	City of Sheffield SS Premier Open Meet 2024	Sheffield	West Norfolk	1
59.54	650	H	09/03/24	City of Sheffield SS Premier Open Meet 2024	Sheffield	West Norfolk	1
59.36	656	F	28/01/24	SE Norfolk County Championships 2024	Norwich	West Norfolk	1
59.24	660	H	28/01/24	SE Norfolk County Championships 2024	Norwich	West Norfolk	1
57.35	728	R	28/07/23	British Summer Championships	Sheffield	West Norfolk	1
57.73	714	H	24/07/23	British Summer Championships	Sheffield	West Norfolk	1
59.61	648	F	01/05/23	Swim England East Region LC Championships 2023	Norwich	West Norfolk	1
59.58	649	H	01/05/23	Swim England East Region LC Championships 2023	Norwich	West Norfolk	1
57.45	724	H	05/04/23	British Swimming Championships 2023	Sheffield	West Norfolk	1
59.12	664	F	25/03/23	City of Sheffield SS Premier Open Meet 2023	Sheffield	West Norfolk	1
58.41	689	H	25/03/23	City of Sheffield SS Premier Open Meet 2023	Sheffield	West Norfolk	1
58.69	679	F	04/02/23	Norfolk County Championships 2023	Norwich	West Norfolk	1
59.45	653	H	04/02/23	Norfolk County Championships 2023	Norwich	West Norfolk	1
59.52	651	H	14/01/23	City of Derby SC 19th LC Open Meet 2023	Sheffield	West Norfolk	1
58.00	704	H	24/07/22	British Summer Championships	Sheffield	West Norfolk	1
58.66	680	F	02/05/22	SE East Region Long Course Championships 2022	Norwich	West Norfolk	1
1:00.18	630	H	02/05/22	SE East Region Long Course Championships 2022	Norwich	West Norfolk	1
58.05	702	F	17/04/22	City of Norwich SC Easter Meet 2022	Norwich	West Norfolk	1
58.15	698	H	17/04/22	City of Norwich SC Easter Meet 2022	Norwich	West Norfolk	1

57.56	720	H	06/04/22	British Championships 2022	Sheffield	West Norfolk	1
1:00.32	625	H	12/03/22	Putteridge SC Spring LC National Qualifier 2022	Luton	West Norfolk	1
1:00.28	627	H	27/02/22	Norfolk County Championships	UEA Sportspark	West Norfolk	1
59.04	667	H	07/08/21	British Swimming Festival of Swimming East Region	London Aquatic Centr	West Norfolk	1
59.68	646	F	25/01/20	Norfolk County Championships 2020	Norwich	West Norfolk	1
1:01.17	600	H	25/01/20	Norfolk County Championships 2020	Norwich	West Norfolk	1
57.76	712	H	24/07/19	British Summer Championships	Glasgow	Lboro Uni	1
59.16	663	H	07/07/19	Swim England East Region Inter County Competition	UEA Sportspark	Norfolk	1
57.74	713	F	06/05/19	Swim England East Region Long Course Champs	Inspire Luton	West Norfolk	1
59.19	662	H	05/05/19	Swim England East Region Long Course Champs	Inspire Luton	West Norfolk	1
58.99	669	F	23/03/19	Wycombe Swimming's 4th LC Premier Meet	Wycombe	West Norfolk	1
59.69	646	F	26/01/19	Norfolk County Championships 2019	Norwich	West Norfolk	1
1:03.54	535	H	26/01/19	Norfolk County Championships 2019	Norwich	West Norfolk	1
57.63	717	F	25/07/18	British Summer Championships	Sheffield	Lboro Uni	1
57.68	715	H	25/07/18	British Summer Championships	Sheffield	Lboro Uni	1
59.63	647	H	08/07/18	Swim England East Region Inter County Competition	UEA Sportspark	Norfolk	1
59.65	647	H	27/05/18	DX 2nd Long Course Open Meet	Sheffield	Lboro Uni	1
58.60	682	F	05/04/18	Malmsten Swim Open Stockholm 2018	Stockholm	Lboro Uni	1
58.93	671	H	05/04/18	Malmsten Swim Open Stockholm 2018	Stockholm	Lboro Uni	1
59.71	645	F	06/01/18	Norfolk County Championships 2018	Norwich	West Norfolk	1
1:02.23	570	H	06/01/18	Norfolk County Championships 2018	Norwich	West Norfolk	1
1:00.72	613	F	04/11/17	East Region Winter Championships	Norwich	West Norfolk	1
1:02.52	562	H	04/11/17	East Region Winter Championships	Norwich	West Norfolk	1
57.32	729	F	05/08/17	Swim England National Summer Meet (50m)	Sheffield	Lboro Uni	1
58.35	691	H	05/08/17	Swim England National Summer Meet (50m)	Sheffield	Lboro Uni	1
58.63	681	F	01/05/17	ASA East Long Course Championships	Luton	West Norfolk	1
59.48	652	H	01/05/17	ASA East Long Course Championships	Luton	West Norfolk	1
59.04	667	F	25/03/17	City of Sheffield Premier Meet	Sheffield	West Norfolk	1
59.49	652	H	25/03/17	City of Sheffield Premier Meet	Sheffield	West Norfolk	1
1:01.43	592	H	10/07/16	ASA East Region Inter County Team Competition	Norwich	Norfolk	1
1:01.12	601	F	14/05/16	Northampton 2016 Long Course Spring Festival	Corby	West Norfolk	1
1:01.83	581	H	14/05/16	Northampton 2016 Long Course Spring Festival	Corby	West Norfolk	1
1:00.35	625	F	02/05/16	ASA East Region Long Course Championships	Norwich	West Norfolk	1
1:00.55	618	H	02/05/16	ASA East Region Long Course Championships	Norwich	West Norfolk	1
1:01.01	604	F	27/03/16	UEA City of Norwich Easter Long Course Meet	Norwich	West Norfolk	1
1:00.63	616	H	27/03/16	UEA City of Norwich Easter Long Course Meet	Norwich	West Norfolk	1
59.78	643	F	08/08/15	ASA Summer Nationals 2015	Sheffield	West Norfolk	1
59.91	638	H	08/08/15	ASA Summer Nationals 2015	Sheffield	West Norfolk	1
1:00.64	616	H	11/07/15	Bishops Stortford End of Season LC Open Meet	Luton	West Norfolk	3
1:00.61	617	F	16/05/15	Northampton Spring Festival	Corby	West Norfolk	1
1:02.25	569	H	16/05/15	Northampton Spring Festival	Corby	West Norfolk	1
1:00.78	611	F	04/05/15	ASA East Region Summer Championships Weekend 1	Luton	West Norfolk	1
1:00.88	608	H	04/05/15	ASA East Region Summer Championships Weekend 1	Luton	West Norfolk	1
1:00.97	606	H	12/04/15	Derventio Excel 9th Open Meet	Sheffield	West Norfolk	1
1:01.32	595	F	05/04/15	UEA City of Norwich Easter LC Meet 2015	Norwich	West Norfolk	1
1:00.79	611	H	05/04/15	UEA City of Norwich Easter LC Meet 2015	Norwich	West Norfolk	1
1:01.55	589	F	07/02/15	UEA City of Norwich SC February Groundhog Meet	Norwich	West Norfolk	1
1:01.31	596	H	20/12/14	Northampton Winter Festival Meet	Corby	West Norfolk	1
1:01.55	589	H	18/10/14	Lincoln Vulcans Long Course L1 Meet	Sheffield	West Norfolk	1
1:01.72	584	H	25/05/14	Team Luton Last Chance National Qualifier 2014	Luton	West Norfolk	1
1:02.02	575	F	17/05/14	Northampton SC Spring Festival Open Meet	Corby	West Norfolk	1
1:02.60	560	H	17/05/14	Northampton SC Spring Festival Open Meet	Corby	West Norfolk	1
1:02.04	575	F	03/05/14	ASA East Region Youth Championships	Luton	West Norfolk	1
1:01.81	581	H	03/05/14	ASA East Region Youth Championships	Luton	West Norfolk	1

Time	Sex	Age	Date	Event	Location	Region	Count
1:02.92	F	19/04/14	UEA City of Norwich Easter LC Meet 2014	Norwich	West Norfolk	1	
1:03.51	H	19/04/14	UEA City of Norwich Easter LC Meet 2014	Norwich	West Norfolk	1	
1:01.66	F	08/02/14	UEA City of Norwich Groundhog LC Meet 2014	Norwich	West Norfolk	1	
1:02.00	F	25/01/14	Central Zonal Meet 2014	Corby	West Norfolk	1	
1:02.25	H	25/01/14	Central Zonal Meet 2014	Corby	West Norfolk	1	
1:03.06	H	21/12/13	Northampton Winter Festival Open Meet	Corby	West Norfolk	1	
1:02.02	F	08/12/13	ASA East Regionals Winter Championships	Norwich	West Norfolk	1	
1:02.28	H	08/12/13	ASA East Regionals Winter Championships	Norwich	West Norfolk	1	
1:02.28	H	17/11/13	Team Luton Autumn LC Open Meet	Luton	West Norfolk	1	
1:03.12	H	19/10/13	Lincoln Vulcans Long Course Meet	Sheffield	West Norfolk	1	
1:02.64	H	25/05/13	City of Sheffield No Frill Meet	Sheffield	West Norfolk	1	
1:03.32	F	18/05/13	Northampton Spring Meet 2013	Corby	West Norfolk	1	
1:02.66	H	18/05/13	Northampton Spring Meet 2013	Corby	West Norfolk	1	
1:03.21	H	04/05/13	ASA East Region Youth Championships	Luton	West Norfolk	1	
1:04.73	H	29/03/13	City of Sheffield Premier Meet 2013	Sheffield	West Norfolk	1	
1:05.20	H	26/01/13	ASA Central Region Zonal Competition	Corby	West Norfolk	1	
1:05.31	H	20/10/12	Lincoln Vulcans SC LC Open Meet	Sheffield	West Norfolk	1	
1:06.43	H	02/06/12	British Gas ASA East Region BAGCAT Champs	Norwich	West Norfolk	1	
1:06.28	H	26/05/12	City of Sheffield No Frills Gala	Sheffield	West Norfolk	1	
1:08.35	H	08/04/12	UEA City of Norwich Easter Meet	Norwich	West Norfolk	1	
1:11.19	H	15/10/11	Lincoln Vulcans Open Meet	Sheffield	West Norfolk	1	
1:11.78	H	04/06/11	BG East Region Bagcat Championships	Norwich	West Norfolk	1	
1:11.90	H	15/05/11	Rotherham Metro Level One Meet	Sheffield	West Norfolk	1	
1:13.66	H	10/04/11	City of Norwich Easter Meet	Norwich	West Norfolk	1	
1:14.69	H	16/10/10	Lincoln Vulcans Open Meet	Sheffield	West Norfolk	1	
1:18.80	H	05/06/10	BG East Region Bagcats	Norwich	West Norfolk	1	
1:19.28	H	04/04/10	City of Norwich Easter Meet	Norwich	West Norfolk	1	
1:21.70	H	17/10/09	Lincoln Vulcans Open Meet	Sheffield	West Norfolk	1	
1:32.90	H	10/01/09	City of Derby Open Meet	Sheffield	West Norfolk	1	
1:31.59	H	18/10/08	Lincoln Vulcans LC Open	Sheffield	West Norfolk	1	