

Individual Best Times (All Time)

Conor Harrold - (50650) - Basildon and Phoenix SC - 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
58.22	696	H	10/04/14	British Gas Championships 2014	Glasgow	Basildon Ph	1
58.48	686	F	08/02/15	Aquae Sulis Spring Grand Prix	Bristol	Basildon Ph	1
58.53	685	H	03/08/13	BG ASA National Youth Championships	Sheffield	Basildon Ph	1
58.55	684	F	20/02/16	Essex Age Group Championships 2016	Basildon	Basildon Ph	1
58.69	679	H	08/08/15	ASA Summer Nationals 2015	Sheffield		1
58.75	677	H	19/04/14	Basildon & Phoenix Easter Long Course Meet	Basildon	Basildon Ph	1
58.79	676	H	09/08/14	BG ASA Youth & MC Championships 2014	Sheffield		1
58.89	672	F	08/08/15	ASA Summer Nationals 2015	Sheffield		1
58.98	669	F	04/08/16	ASA Summer Nationals 2016	Sheffield	Basildon Ph	1
59.02	668	H	20/02/16	Essex Age Group Championships 2016	Basildon	Basildon Ph	1
59.16	663	H	17/05/15	Rotherham Metro Level One Long Course Meet	Sheffield		1
59.19	662	H	17/07/12	BG ASA National Youth Championships 2012	Sheffield	Basildon Ph	1
59.34	657	H	19/07/14	Basildon & Phoenix End of Season Meet	Basildon		3
59.48	652	H	17/04/16	Team Luton April Long Course Meet	Luton	Basildon Ph	1
59.54	650	F	04/05/15	ASA East Region Summer Championships Weekend 1	Luton		1
59.58	649	H	26/03/16	Basildon & Phoenix Easter LC Meet 2016	Basildon	Basildon Ph	1
59.61	648	H	23/11/13	Essex Winter Long Course Competition	Basildon	Basildon Ph	1
59.64	647	F	03/05/14	ASA East Region Youth Championships	Luton	Basildon Ph	1
59.65	647	H	15/05/16	Team Luton May Long Course Meet	Luton	Basildon Ph	1
59.67	646	R	31/07/16	British Summer Championships	Sheffield	Basildon Ph	1
59.78	643	H	04/04/15	Basildon & Phoenix LC Easter Meet	Basildon		1
59.84	641	H	03/05/14	ASA East Region Youth Championships	Luton	Basildon Ph	1
59.95	637	H	04/08/16	ASA Summer Nationals 2016	Sheffield	Basildon Ph	1
59.98	636	H	28/03/15	City of Sheffield Swim Squad Premier Meet	Sheffield	Basildon Ph	1
1:00.01	635	H	20/05/12	Rotherham Metro SC Long Course Open Meet	Sheffield	Basildon Ph	1
1:00.01	635	H	22/06/12	BG ASA National Championships 2012	Sheffield	Basildon Ph	1
1:00.07	633	F	18/02/17	Essex Age Group Championships 2017	Basildon	Basildon Ph	1

1:00.07	633	F	18/02/17	Essex Age Group Championships 2017	Basildon	Basildon Ph	1
1:00.17	630	F	26/01/13	ASA Central Region Zonal Competition	Corby	Basildon Ph	1
1:00.17	630	H	04/05/15	ASA East Region Summer Championships Weekend 1	Luton		1
1:00.26	627	H	21/12/13	Basildon & Phoenix Winter Long Course Meet	Basildon	Basildon Ph	1
1:00.28	627	F	25/01/14	Central Zonal Meet 2014	Corby	Basildon Ph	1
1:00.29	626	H	16/12/12	Basildon & Phoenix LC Winter Meet	Basildon	Basildon Ph	1
1:00.32	625	H	18/11/12	Team Luton Inaugural Long Course Meet	Luton	Basildon Ph	1
1:00.35	625	H	19/01/13	Killerwhales SC Winter Open Meet	Basildon	Basildon Ph	1
1:00.36	624	H	24/11/12	Essex Winter Long Course Championships	Basildon	Basildon Ph	1
1:00.44	622	H	07/07/13	ASA East Region Intercounty Championships	Luton	Basildon Ph	1
1:00.54	619	F	08/12/13	ASA East Regionals Winter Championships	Norwich	Basildon Ph	1
1:00.62	616	H	26/01/13	ASA Central Region Zonal Competition	Corby	Basildon Ph	1
1:00.69	614	H	29/03/13	City of Sheffield Premier Meet 2013	Sheffield	Basildon Ph	1
1:00.83	610	H	28/01/12	ASA Central Zone Meet	Corby	Basildon Ph	1
1:00.83	610	F	04/05/13	ASA East Region Youth Championships	Luton	Basildon Ph	1
1:00.86	609	H	10/07/16	ASA East Region Inter County Team Competition	Norwich	Essex	1
1:01.01	604	F	27/11/11	Essex ASA Winter LC Championships	Basildon	Basildon Ph	1
1:01.09	602	H	05/05/12	ASA East Region Youth Championships	Basildon	Basildon Ph	1
1:01.18	599	H	27/07/11	British Gas ASA National Youth Champs	Sheffield	Basildon Ph	1
1:01.21	599	H	25/01/14	Central Zonal Meet 2014	Corby	Basildon Ph	1
1:01.25	597	F	05/05/12	ASA East Region Youth Championships	Basildon	Basildon Ph	1
1:01.28	597	H	18/02/17	Essex Age Group Championships 2017	Basildon	Basildon Ph	1
1:01.33	595	H	04/05/13	ASA East Region Youth Championships	Luton	Basildon Ph	1
1:01.47	591	F	30/04/11	BG East Region Championships	Norwich	Basildon Ph	1
1:01.50	590	H	15/04/17	BPSC Easter Meet 2017	Basildon	Basildon Ph	1
1:01.51	590	H	28/05/11	City of Sheffield No Frills Meet	Sheffield	Basildon Ph	1
1:01.51	590	H	18/12/11	Killerwhales Winter Open	Basildon	Basildon Ph	1
1:01.57	588	H	30/04/11	BG East Region Championships	Norwich	Basildon Ph	1
1:01.65	586	F	28/01/12	ASA Central Zone Meet	Corby	Basildon Ph	1
1:01.94	578	F	30/01/11	East, East Midland & West Midland Zonal	Corby	Basildon Ph	1
1:02.08	574	H	08/12/13	ASA East Regionals Winter Championships	Norwich	Basildon Ph	1
1:02.32	567	H	30/01/11	East, East Midland & West Midland Zonal	Corby	Basildon Ph	1
1:02.55	561	H	09/04/11	Bexley Long Course Open Meet	Crystal Palace	Basildon Ph	1
1:02.96	550	H	04/12/10	Northampton Winter Fest	Corby	Basildon Ph	1
1:03.35	540	H	29/05/10	Sheffield No Frills Meet	Sheffield	Basildon Ph	1
1:03.43	538	F	01/05/10	East Region Youth Champs	Norwich	Basildon Ph	1
1:03.43	538	H	27/11/11	Essex ASA Winter LC Championships	Basildon	Basildon Ph	1
1:03.44	538	H	15/01/11	Chester Le Street Burns Open Meet	Sheffield	Basildon Ph	1
1:03.62	533	H	04/04/10	City of Norwich Easter Meet	Norwich	Basildon Ph	1
1:03.71	531	H	01/05/10	East Region Youth Champs	Norwich	Basildon Ph	1
1:04.22	518	F	04/04/10	City of Norwich Easter Meet	Norwich	Basildon Ph	1
1:05.51	488	H	09/01/10	City of Derby Long Course	Sheffield	Basildon Ph	1
1:05.85	481	H	20/12/09	Leeds Christmas Cracker	Leeds	Basildon Ph	1
1:07.19	452	H	30/05/09	Sheffield No Frills Meet	Sheffield	Basildon Ph	1
1:07.50	446	H	02/05/09	East Region Youth Champs	Norwich	Basildon Ph	1
1:07.77	441		18/04/09	Crawley Spring Meet 2009	Crawley	Basildon Ph	1
1:07.86	439	H	09/05/09	Beckenham Open Meet	Crystal Palace	Basildon Ph	2
1:08.49	427	H	13/12/08	City of Sheffield Distance	Sheffield	Basildon Ph	1
1:11.65	373	H	22/03/08	City of Sheffield Premier	Sheffield	Basildon Ph	1

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Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
1:01.50	590	H	15/04/17	BPSC Easter Meet 2017	Basildon	Basildon Ph	1
1:00.07	633	F	18/02/17	Essex Age Group Championships 2017	Basildon	Basildon Ph	1

1:00.07	553	F	18/02/17	Essex Age Group Championships 2017	Basildon	Basildon Ph	1
1:01.28	597	H	18/02/17	Essex Age Group Championships 2017	Basildon	Basildon Ph	1
58.98	669	F	04/08/16	ASA Summer Nationals 2016	Sheffield	Basildon Ph	1
59.95	637	H	04/08/16	ASA Summer Nationals 2016	Sheffield	Basildon Ph	1
59.67	646	R	31/07/16	British Summer Championships	Sheffield	Basildon Ph	1
1:00.86	609	H	10/07/16	ASA East Region Inter County Team Competition	Norwich	Essex	1
59.65	647	H	15/05/16	Team Luton May Long Course Meet	Luton	Basildon Ph	1
59.48	652	H	17/04/16	Team Luton April Long Course Meet	Luton	Basildon Ph	1
59.58	649	H	26/03/16	Basildon & Phoenix Easter LC Meet 2016	Basildon	Basildon Ph	1
58.55	684	F	20/02/16	Essex Age Group Championships 2016	Basildon	Basildon Ph	1
59.02	668	H	20/02/16	Essex Age Group Championships 2016	Basildon	Basildon Ph	1
58.89	672	F	08/08/15	ASA Summer Nationals 2015	Sheffield		1
58.69	679	H	08/08/15	ASA Summer Nationals 2015	Sheffield		1
59.16	663	H	17/05/15	Rotherham Metro Level One Long Course Meet	Sheffield		1
59.54	650	F	04/05/15	ASA East Region Summer Championships Weekend 1	Luton		1
1:00.17	630	H	04/05/15	ASA East Region Summer Championships Weekend 1	Luton		1
59.78	643	H	04/04/15	Basildon & Phoenix LC Easter Meet	Basildon		1
59.98	636	H	28/03/15	City of Sheffield Swim Squad Premier Meet	Sheffield	Basildon Ph	1
58.48	686	F	08/02/15	Aquae Sulis Spring Grand Prix	Bristol	Basildon Ph	1
58.79	676	H	09/08/14	BG ASA Youth & MC Championships 2014	Sheffield		1
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59.64	647	F	03/05/14	ASA East Region Youth Championships	Luton	Basildon Ph	1
59.84	641	H	03/05/14	ASA East Region Youth Championships	Luton	Basildon Ph	1
58.75	677	H	19/04/14	Basildon & Phoenix Easter Long Course Meet	Basildon	Basildon Ph	1
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1:00.28	627	F	25/01/14	Central Zonal Meet 2014	Corby	Basildon Ph	1
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