

Individual Best Times (All Time)

Martha Duley - (519476) - Colchester SC - 50 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
29.57	749	F	28/07/18	British Summer Championships	Sheffield	Colchester	1
29.66	742	F	29/07/17	British Summer Championships	Sheffield	Colchester	1
29.72	738	H	28/07/18	British Summer Championships	Sheffield	Colchester	1
29.79	733	F	17/12/17	Swim England Winter Championships 2017	Sheffield	Colchester	1
29.80	732	F	17/02/18	BUCS Long Course Swimming Championships	Sheffield		1
29.82	730	F	22/04/17	British Swimming Championships 2017	Sheffield	Colchester	1
29.84	729	H	17/02/18	BUCS Long Course Swimming Championships	Sheffield		1
29.92	723	H	03/02/18	Essex Age Group Championships 2018	London	Colchester	1
29.96	720	F	30/07/16	British Summer Championships	Sheffield	Colchester	1
29.97	719	H	22/04/17	British Swimming Championships 2017	Sheffield	Colchester	1
30.06	713	H	17/12/17	Swim England Winter Championships 2017	Sheffield	Colchester	1
30.06	713	F	06/05/18	East Swimming Long Course Championships 2018	Norwich	Colchester	1
30.11	709	H	30/07/16	British Summer Championships	Sheffield	Colchester	1
30.14	707	H	29/07/17	British Summer Championships	Sheffield	Colchester	1
30.15	707	H	04/02/17	Essex Age Group Championships	London	Colchester	1
30.15	707	H	04/02/17	Essex Age Group Championships 2017	Basildon	Colchester	1
30.17	705	F	04/11/17	East Region Winter Championships	Norwich	Colchester	1
30.19	704	H	01/04/18	City of Norwich Easter Long Course Meet	Norwich	Colchester	1
30.19	704	F	05/05/19	Swim England East Region Long Course Champs	Inspire Luton	Colchester	1
30.23	701	F	04/02/17	Essex Age Group Championships	London	Colchester	1
30.23	701	F	04/02/17	Essex Age Group Championships 2017	Basildon	Colchester	1
30.25	700	H	01/03/18	Edinburgh International Inc British Championships	Edinburgh	Colchester	1
30.27	698	F	01/04/18	City of Norwich Easter Long Course Meet	Norwich	Colchester	1
30.28	697	H	24/03/18	City of Sheffield Swim Squad Premier Meet 2018	Sheffield	Colchester	1
30.30	696	H	06/05/18	East Swimming Long Course Championships 2018	Norwich	Colchester	1
30.32	695	H	09/04/17	Derventio Excel 11th LC Open Meet	Sheffield	Colchester	1
30.33	695	H	20/04/17	ASA East Long Course Championships	Luton	Colchester	1

30.32	693	M	30/04/17	ASA East Long Course Championships	Luton	Colchester	1
30.34	693	F	30/04/17	ASA East Long Course Championships	Luton	Colchester	1
30.39	690	H	15/05/16	Team Luton May Long Course Meet	Luton	Colchester	1
30.42	688	H	04/11/17	East Region Winter Championships	Norwich	Colchester	1
30.46	685	H	01/05/16	ASA East Region Long Course Championships	Norwich	Colchester	1
30.49	683	F	24/03/18	City of Sheffield Swim Squad Premier Meet 2018	Sheffield	Colchester	1
30.51	682	F	01/05/16	ASA East Region Long Course Championships	Norwich	Colchester	1
30.52	681	H	05/05/19	Swim England East Region Long Course Champs	Inspire Luton	Colchester	1
30.65	673	H	02/02/19	ESSEX AGE GROUP CHAMPS 2019	LONDON	Colchester	1
30.66	672	F	06/02/16	Essex Age Group Championships 2016	London	Colchester	1
30.66	672	F	06/02/16	Essex Age Group Championships 2016	Basildon	Colchester	1
30.66	672	H	20/04/19	British Championships 2019	Glasgow	Colchester	1
30.94	654	H	06/02/16	Essex Age Group Championships 2016	London	Colchester	1
30.94	654	H	06/02/16	Essex Age Group Championships 2016	Basildon	Colchester	1
30.94	654	F	02/02/19	ESSEX AGE GROUP CHAMPS 2019	LONDON	Colchester	1
31.06	646	F	27/03/16	UEA City of Norwich Easter Long Course Meet	Norwich	Colchester	1
31.20	638	H	30/03/19	Team Luton March Open Meet	Luton	Colchester	1
31.31	631	F	03/05/15	ASA East Region Summer Championships Weekend 1	Luton		1
31.31	631	H	27/03/16	UEA City of Norwich Easter Long Course Meet	Norwich	Colchester	1
31.34	629	F	13/03/16	Wycombe Inaugural LC Premier Meet	Wycombe	Colchester	1
31.38	627	H	03/05/15	ASA East Region Summer Championships Weekend 1	Luton		1
31.42	624	H	01/08/15	British Summer Championships	Sheffield		1
31.78	603	H	24/06/14	British Gas International Swimming Meet 2014	Manchester	Colchester	1
31.78	603	F	07/02/15	UEA City of Norwich SC February Groundhog Meet	Norwich	Colchester	1
31.79	603	F	04/05/14	ASA East Region Youth Championships	Luton	Colchester	1
31.84	600	H	09/08/14	BG ASA Youth & MC Championships 2014	Sheffield		1
32.06	588	H	20/04/14	Basildon & Phoenix Easter Long Course Meet	Basildon	Colchester	1
32.09	586	H	31/05/15	BPSC Level 1 Sprint & 400m No Frills Meet	Basildon		1
32.14	583	H	04/05/14	ASA East Region Youth Championships	Luton	Colchester	1
32.19	580	F	31/05/15	BPSC Level 1 Sprint & 400m No Frills Meet	Basildon		1
32.51	563	H	08/12/13	ASA East Regionals Winter Championships	Norwich	Colchester	1
32.55	561	F	08/12/13	ASA East Regionals Winter Championships	Norwich	Colchester	1
32.87	545	H	22/12/13	Basildon & Phoenix Winter Long Course Meet	Basildon	Colchester	1
33.16	531	H	23/11/13	Essex Winter Long Course Competition	Basildon	Colchester	1
33.36	521	F	30/03/13	City of Norwich SC Easter Meet 2013	Norwich	Colchester	1
33.54	513	H	15/12/12	Basildon & Phoenix LC Winter Meet	Basildon	Colchester	1
40.52	291	H	04/04/10	City of Norwich Easter Meet	Norwich	Colchester	1
42.80	247	H	11/04/09	City of Norwich Easter Mt	Norwich	Colchester	2

Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
30.19	704	F	05/05/19	Swim England East Region Long Course Champs	Inspire Luton	Colchester	1
30.52	681	H	05/05/19	Swim England East Region Long Course Champs	Inspire Luton	Colchester	1
30.66	672	H	20/04/19	British Championships 2019	Glasgow	Colchester	1
31.20	638	H	30/03/19	Team Luton March Open Meet	Luton	Colchester	1
30.94	654	F	02/02/19	ESSEX AGE GROUP CHAMPS 2019	LONDON	Colchester	1
30.65	673	H	02/02/19	ESSEX AGE GROUP CHAMPS 2019	LONDON	Colchester	1
29.57	749	F	28/07/18	British Summer Championships	Sheffield	Colchester	1
29.72	738	H	28/07/18	British Summer Championships	Sheffield	Colchester	1
30.06	713	F	06/05/18	East Swimming Long Course Championships 2018	Norwich	Colchester	1
30.30	696	H	06/05/18	East Swimming Long Course Championships 2018	Norwich	Colchester	1
30.27	698	F	01/04/18	City of Norwich Easter Long Course Meet	Norwich	Colchester	1
30.19	704	H	01/04/18	City of Norwich Easter Long Course Meet	Norwich	Colchester	1

30.49	683	F	24/03/18	City of Sheffield Swim Squad Premier Meet 2018	Sheffield	Colchester	1
30.28	697	H	24/03/18	City of Sheffield Swim Squad Premier Meet 2018	Sheffield	Colchester	1
30.25	700	H	01/03/18	Edinburgh International Inc British Championships	Edinburgh	Colchester	1
29.80	732	F	17/02/18	BUCS Long Course Swimming Championships	Sheffield		1
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29.92	723	H	03/02/18	Essex Age Group Championships 2018	London	Colchester	1
29.79	733	F	17/12/17	Swim England Winter Championships 2017	Sheffield	Colchester	1
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