

Individual Best Times (All Time)

Matthew Walker - (7421) - City of Manchester Aquatics - 50 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
28.14	410	H	20/10/09	IPC European Champs	Iceland	Co Manch Aq	1
28.19	408	F	31/07/09	British Gas Youth Champs	Sheffield	Co Manch Aq	1
28.19	408	F	05/08/14	2014 IPC Swimming European Championships	Eindhoven		1
28.26	405	F	17/08/10	IPC Swimming World Champs	Eindhoven	Co Manch Aq	1
28.29	403	F	31/03/10	British Gas Championships	Sheffield	Co Manch Aq	1
28.31	402	F	20/10/09	IPC European Champs	Iceland	Co Manch Aq	1
28.31	402	H	31/03/10	British Gas Championships	Sheffield	Co Manch Aq	1
28.33	402	H	08/04/11	British Disability International Champions	Sheffield	Co Manch Aq	1
28.33	402	F	08/04/11	British Disability International Champions	Sheffield	Co Manch Aq	1
28.35	401	H	31/07/09	British Gas Youth Champs	Sheffield	Co Manch Aq	1
28.36	400	F	27/03/15	British Para Swimming International	Glasgow		1
28.37	400	F	05/03/12	British Gas Swimming Championships 2012	London	Co Manch Aq	1
28.40	399	H	30/05/10	BT Paralympic World Cup	Manchester	Co Manch Aq	1
28.43	397	F	31/07/15	British Summer Championships	Sheffield		1
28.44	397	F	28/07/11	British Gas ASA National Youth Champs	Sheffield	Co Manch Aq	1
28.47	396	F	04/09/12	Paralympic Games 2012	London	Co Manch Aq	1
28.49	395	H	17/08/10	IPC Swimming World Champs	Eindhoven	Co Manch Aq	1
28.50	394	F	28/04/13	British International Disability Champs	Sheffield	Co Manch Aq	1
28.50	394	F	14/08/13	IPC Swimming World Championships	Montreal, Canada	Co Manch Aq	1
28.51	394	H	31/05/10	BT Paralympic World Cup	Manchester	Co Manch Aq	1
28.51	394	H	27/03/15	British Para Swimming International	Glasgow		1
28.52	394	H	31/07/15	British Summer Championships	Sheffield		1
28.54	393	F	05/04/06	GB Championships 2006	Sheffield	Co Manch Aq	1
28.54	393	H	24/05/09	Paralympic World Cup Open	Manchester	Co Manch Aq	1
28.55	392	H	19/04/14	British-Para Swimming International	Glasgow	Co Manch Aq	1
28.56	392	F	16/05/09	National Disability Champ	Sheffield	Co Manch Aq	1
28.57	392	F	16/04/14	British Para Swimming International	Glasgow	Co Manch Aq	1

28.57	392	F	19/04/14	British Para Swimming International	Glasgow	Co Manch Aq	1
28.58	391	H	30/07/02	Commonwealth Games 2002	Manchester	Co Manch Aq	1
28.59	391	F	30/07/08	National Youth Champs 2008	Sheffield	Co Manch Aq	1
28.59	391	H	04/09/12	Paralympic Games 2012	London	Co Manch Aq	1
28.60	390	F	14/09/08	Paralympics Games 2008	Beijing, China	Co Manch Aq	1
28.60	390	H	05/08/14	2014 IPC Swimming European Championships	Eindhoven		1
28.63	389	F	07/03/11	British Gas Swimming Championships 2011	Manchester	Co Manch Aq	1
28.64	389	F	17/04/10	GB International	Sheffield	Co Manch Aq	1
28.64	389	F	06/04/12	British International Disability Champs	Sheffield	Co Manch Aq	1
28.68	387	F	04/04/08	British Champs (50m) 2008	Sheffield	Co Manch Aq	1
28.71	386	F	06/08/05	Commonwealth Trials 2005	Sheffield	Co Manch Aq	1
28.71	386	H	05/03/12	British Gas Swimming Championships 2012	London	Co Manch Aq	1
28.72	385	H	04/04/08	British Champs (50m) 2008	Sheffield	Co Manch Aq	1
28.72	385	H	25/05/09	BT Paralympic World Cup	Manchester	Co Manch Aq	1
28.72	385	H	28/04/13	British International Disability Champs	Sheffield	Co Manch Aq	1
28.75	384	H	14/09/08	Paralympics Games 2008	Beijing, China	Co Manch Aq	1
28.75	384	F	29/06/13	British Gas Swimming Championships	Sheffield	Co Manch Aq	1
28.76	384	H	14/08/13	IPC Swimming World Championships	Montreal, Canada	Co Manch Aq	1
28.78	383	F	19/03/09	British Gas Champs (50m)	Sheffield	Co Manch Aq	1
28.79	383	H	06/08/05	Commonwealth Trials 2005	Sheffield	Co Manch Aq	1
28.79	383	F	12/12/09	Welsh Disability LC Champs	Swansea	Co Manch Aq	1
28.80	382	F	26/09/04	Paralympic Games 2004	Athens, Greece	Co Manch Aq	1
28.82	381	F	26/04/08	British Int Disability Mt	Sheffield	Co Manch Aq	1
28.84	381	H	29/06/13	British Gas Swimming Championships	Sheffield	Co Manch Aq	1
28.84	381	H	25/06/14	British Gas International Swimming Meet 2014	Manchester		1
28.85	380	H	05/04/06	GB Championships 2006	Sheffield	Co Manch Aq	1
28.85	380	H	08/07/06	DSE Long Course Meet 2006	Sheffield	Co Manch Aq	1
28.85	380	H	08/02/14	Derventio Excel February Festival	Sheffield	Co Manch Aq	1
28.87	379	F	12/05/07	Paralympic World Cup 2007	Manchester	Co Manch Aq	1
28.87	379	F	25/05/08	German International Open	Berlin	Co Manch Aq	1
28.88	379	F	08/07/06	DSE Long Course Meet 2006	Sheffield	Co Manch Aq	1
28.92	377	H	07/03/11	British Gas Swimming Championships 2011	Manchester	Co Manch Aq	1
28.93	377	F	02/08/06	National Youth & Open 2006	Sheffield	Co Manch Aq	1
28.93	377	H	28/07/11	British Gas ASA National Youth Champs	Sheffield	Co Manch Aq	1
28.94	377	F	18/03/06	Commonwealth Games 2006	Melbourne Australia	Co Manch Aq	1
28.95	376	H	13/03/10	Lancashire County Champs	Manchester	Co Manch Aq	1
28.95	376	H	17/04/10	GB International	Sheffield	Co Manch Aq	1
28.99	375	F	26/06/14	British Gas International Swimming Meet 2014	Manchester		1
29.00	374	H	26/04/08	British Int Disability Mt	Sheffield	Co Manch Aq	1
29.01	374	F	06/05/06	Paralympic World Cup 06	Manchester	Co Manch Aq	1
29.02	374	F	11/05/14	City of Manchester Aquatics Open Meet	Manchester	Co Manch Aq	1
29.03	373	H	18/03/06	Commonwealth Games 2006	Melbourne Australia	Co Manch Aq	1
29.07	372		08/12/07	WASA Disability Meet 2007	Swansea	Co Manch Aq	1
29.09	371	H	01/03/14	2014 ISM Berlin	Berlin	Co Manch Aq	1
29.13	369	H	19/03/09	British Gas Champs (50m)	Sheffield	Co Manch Aq	1
29.15	369	H	12/04/02	British Championships LC 2002	Manchester	Co Manch Aq	1
29.15	369	F	12/05/13	City of Manchester AST The Manchester Open	Manchester	Co Manch Aq	1
29.19	367	H	06/04/12	British International Disability Champs	Sheffield	Co Manch Aq	1
29.20	367	H	16/05/09	National Disability Champ	Sheffield	Co Manch Aq	1
29.21	366	F	05/07/11	IPC Swimming European Championships	Berlin, Germany	Co Manch Aq	1
29.21	366	F	16/12/12	City of Manchester Snow Pen 2012	Manchester	Co Manch Aq	1
29.25	365	F	10/03/13	British Gas International 2013	Leeds	Co Manch Aq	1
29.26	364	H	02/08/06	National Youth & Open 2006	Sheffield	Co Manch Aq	1
29.27	364	F	10/12/02	3rd IPC World Championships	Mar del Plata	Co Manch Aq	1

29.27	364		13/08/05	Welsh Disability Champs 2005	Swansea	Co Manch Aq	1
29.28	364	H	10/03/13	British Gas International 2013	Leeds	Co Manch Aq	1
29.30	363	F	28/07/07	ASA Youth & Open 2007	Sheffield	Co Manch Aq	1
29.30	363	H	09/05/08	Paralympic World Cup 2008	Manchester	Co Manch Aq	1
29.31	363	F	12/04/02	British Championships LC 2002	Manchester	Co Manch Aq	1
29.31	363	H	08/05/05	DSE Long Course Championships	Sheffield	Co Manch Aq	1
29.32	362	F	07/12/06	IPC Swimming World Champs 2006	Durban, South Africa	Co Manch Aq	1
29.33	362	H	27/03/07	British Championships 2007	Manchester	Co Manch Aq	1
29.34	361	F	24/05/07	German Open Champs 2007	Berlin	Co Manch Aq	1
29.35	361	H	05/07/11	IPC Swimming European Championships	Berlin, Germany	Co Manch Aq	1
29.42	359	F	28/03/07	British Championships 2007	Manchester	Co Manch Aq	1
29.42	359	H	21/02/15	BUCS Long Course Championships 2015	Sheffield		1
29.43	358	H	28/07/07	ASA Youth & Open 2007	Sheffield	Co Manch Aq	1
29.46	357	F	14/05/05	Paralympic World Cup 2005	Manchester	Co Manch Aq	1
29.47	357	H	14/05/05	Paralympic World Cup 2005	Manchester	Co Manch Aq	1
29.52	355	H	19/06/01	USA Disability Open Meet	Pheonix	Co Manch Aq	1
29.54	354		19/03/03	British Long Course Champs2003	Sheffield	Co Manch Aq	1
29.55	354	H	19/05/07	British International Dis	Sheffield	Co Manch Aq	1
29.56	353	F	19/05/07	British International Dis	Sheffield	Co Manch Aq	1
29.56	353	H	10/05/08	Paralympic World Cup 2008	Manchester	Co Manch Aq	1
29.57	353	H	23/06/05	German Open 2005	Berlin	Co Manch Aq	1
29.57	353	H	07/12/06	IPC Swimming World Champs 2006	Durban, South Africa	Co Manch Aq	1
29.58	353	H	26/09/04	Paralympic Games 2004	Athens, Greece	Co Manch Aq	1
29.58	353	H	12/05/07	Paralympic World Cup 2007	Manchester	Co Manch Aq	1
29.62	351	H	06/05/07	North West Youth Champs	Manchester	Co Manch Aq	1
29.68	349	H	30/07/08	National Youth Champs 2008	Sheffield	Co Manch Aq	1
29.72	348		19/03/03	British Long Course Champs2003	Sheffield	Co Manch Aq	1
29.72	348		28/11/03	WASA Disability Meet 2003	Swansea	Co Manch Aq	1
29.74	347	F	15/07/05	US Open Championships 2005	Portland	Co Manch Aq	1
29.75	347	H	01/06/01	BT Open Nationals	Sheffield	Co Manch Aq	1
29.76	346	H	05/05/02	NECASA Senior & Junior Champs	Sheffield	Co Manch Aq	1
29.79	345	H	26/11/05	North West Region Champs	Manchester	Co Manch Aq	1
29.80	345		07/05/04	British Swimming Paralympic Tr	Sheffield	Co Manch Aq	1
29.89	342	H	31/07/01	European Champs for Disabled	Stockholm	Co Manch Aq	1
29.92	341	F	18/01/02	French Open	Nancy, France	Co Manch Aq	1
29.94	340	H	16/07/04	ASA Long Course Champs 2004	Manchester	Co Manch Aq	1
29.98	339		07/04/04	British Swimming Olympic Trial	Sheffield	Co Manch Aq	1
29.98	339	H	24/05/07	German Open Champs 2007	Berlin	Co Manch Aq	1
30.00	338	H	10/12/02	3rd IPC World Championships	Mar del Plata	Co Manch Aq	1
30.03	337	H	03/05/03	Northern Counties Youth Champs	Manchester	Co Manch Aq	1
30.07	336	H	09/06/02	DSE National LongCourse Champs	Sheffield	Co Manch Aq	1
30.08	335	H	30/04/00	Bath Grand Prix	University of Bath	Co Manch Aq	1
30.11	334		13/03/05	Nedbank Nationals 2005	South Africa	Co Manch Aq	1
30.19	332	H	17/07/03	Canadian Open Championships	Edmonton, Canada	Co Manch Aq	1
30.21	331	H	08/06/03	DSE Long Course Championship	Sheffield	Co Manch Aq	1
30.27	329	H	07/12/01	Bath Grand Prix	University of Bath	Co Manch Aq	1
30.32	328	H	17/07/03	Canadian Open Championships	Edmonton, Canada	Co Manch Aq	1
30.34	327		13/12/08	Welsh Disability Champs	Swansea	Co Manch Aq	1
30.44	324	H	30/01/04	French Open Championships	Aix-en-Provence,FRA	Co Manch Aq	1
30.63	318	H	15/07/05	US Open Championships 2005	Portland	Co Manch Aq	1
30.75	314	H	31/07/01	European Champs for Disabled	Stockholm	Co Manch Aq	1
30.75	314	H	28/06/03	German Open Championships	Berlin	Co Manch Aq	1
30.92	309	H	24/11/02	NECASA Youth Championships	Leeds	Co Manch Aq	1
30.97	307	H	05/05/01	Finnish Open Disabled Champs	Turku, Finland	Co Manch Aq	1

Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
28.43	397	F	31/07/15	British Summer Championships	Sheffield		1
28.52	394	H	31/07/15	British Summer Championships	Sheffield		1
28.36	400	F	27/03/15	British Para Swimming International	Glasgow		1
28.51	394	H	27/03/15	British Para Swimming International	Glasgow		1
29.42	359	H	21/02/15	BUCS Long Course Championships 2015	Sheffield		1
28.19	408	F	05/08/14	2014 IPC Swimming European Championships	Eindhoven		1
28.60	390	H	05/08/14	2014 IPC Swimming European Championships	Eindhoven		1
28.99	375	F	26/06/14	British Gas International Swimming Meet 2014	Manchester		1
28.84	381	H	25/06/14	British Gas International Swimming Meet 2014	Manchester		1
29.02	374	F	11/05/14	City of Manchester Aquatics Open Meet	Manchester	Co Manch Aq	1
28.57	392	F	19/04/14	British-Para Swimming International	Glasgow	Co Manch Aq	1
28.55	392	H	19/04/14	British-Para Swimming International	Glasgow	Co Manch Aq	1
29.09	371	H	01/03/14	2014 ISM Berlin	Berlin	Co Manch Aq	1
28.85	380	H	08/02/14	Derventio Excel February Festival	Sheffield	Co Manch Aq	1
28.50	394	F	14/08/13	IPC Swimming World Championships	Montreal, Canada	Co Manch Aq	1
28.76	384	H	14/08/13	IPC Swimming World Championships	Montreal, Canada	Co Manch Aq	1
28.75	384	F	29/06/13	British Gas Swimming Championships	Sheffield	Co Manch Aq	1
28.84	381	H	29/06/13	British Gas Swimming Championships	Sheffield	Co Manch Aq	1
29.15	369	F	12/05/13	City of Manchester AST The Manchester Open	Manchester	Co Manch Aq	1
28.50	394	F	28/04/13	British International Disability Champs	Sheffield	Co Manch Aq	1
28.72	385	H	28/04/13	British International Disability Champs	Sheffield	Co Manch Aq	1
29.25	365	F	10/03/13	British Gas International 2013	Leeds	Co Manch Aq	1
29.28	364	H	10/03/13	British Gas International 2013	Leeds	Co Manch Aq	1
29.21	366	F	16/12/12	City of Manchester Snow Pen 2012	Manchester	Co Manch Aq	1
28.47	396	F	04/09/12	Paralympic Games 2012	London	Co Manch Aq	1
28.59	391	H	04/09/12	Paralympic Games 2012	London	Co Manch Aq	1
28.64	389	F	06/04/12	British International Disability Champs	Sheffield	Co Manch Aq	1
29.19	367	H	06/04/12	British International Disability Champs	Sheffield	Co Manch Aq	1
28.37	400	F	05/03/12	British Gas Swimming Championships 2012	London	Co Manch Aq	1
28.71	386	H	05/03/12	British Gas Swimming Championships 2012	London	Co Manch Aq	1
28.44	397	F	28/07/11	British Gas ASA National Youth Champs	Sheffield	Co Manch Aq	1
28.93	377	H	28/07/11	British Gas ASA National Youth Champs	Sheffield	Co Manch Aq	1
29.21	366	F	05/07/11	IPC Swimming European Championships	Berlin, Germany	Co Manch Aq	1
29.35	361	H	05/07/11	IPC Swimming European Championships	Berlin, Germany	Co Manch Aq	1
28.33	402	F	08/04/11	British Disability International Champions	Sheffield	Co Manch Aq	1
28.33	402	H	08/04/11	British Disability International Champions	Sheffield	Co Manch Aq	1
28.63	389	F	07/03/11	British Gas Swimming Championships 2011	Manchester	Co Manch Aq	1
28.92	377	H	07/03/11	British Gas Swimming Championships 2011	Manchester	Co Manch Aq	1
28.26	405	F	17/08/10	IPC Swimming World Champs	Eindhoven	Co Manch Aq	1
28.49	395	H	17/08/10	IPC Swimming World Champs	Eindhoven	Co Manch Aq	1
28.51	394	H	31/05/10	BT Paralympic World Cup	Manchester	Co Manch Aq	1
28.40	399	H	30/05/10	BT Paralympic World Cup	Manchester	Co Manch Aq	1
28.64	389	F	17/04/10	GB International	Sheffield	Co Manch Aq	1
28.95	376	H	17/04/10	GB International	Sheffield	Co Manch Aq	1
28.29	403	F	31/03/10	British Gas Championships	Sheffield	Co Manch Aq	1
28.31	402	H	31/03/10	British Gas Championships	Sheffield	Co Manch Aq	1
28.95	376	H	13/03/10	Lancashire County Champs	Manchester	Co Manch Aq	1
28.79	383	F	12/12/09	Welsh Disability LC Champs	Swansea	Co Manch Aq	1
28.31	402	F	20/10/09	IPC European Champs	Iceland	Co Manch Aq	1
28.14	410	H	20/10/09	IPC European Champs	Iceland	Co Manch Aq	1

28.19	408	F	31/07/09	British Gas Youth Champs	Sheffield	Co Manch Aq	1
28.35	401	H	31/07/09	British Gas Youth Champs	Sheffield	Co Manch Aq	1
28.72	385	H	25/05/09	BT Paralympic World Cup	Manchester	Co Manch Aq	1
28.54	393	H	24/05/09	Paralympic World Cup Open	Manchester	Co Manch Aq	1
28.56	392	F	16/05/09	National Disability Champ	Sheffield	Co Manch Aq	1
29.20	367	H	16/05/09	National Disability Champ	Sheffield	Co Manch Aq	1
28.78	383	F	19/03/09	British Gas Champs (50m)	Sheffield	Co Manch Aq	1
29.13	369	H	19/03/09	British Gas Champs (50m)	Sheffield	Co Manch Aq	1
30.34	327		13/12/08	Welsh Disability Champs	Swansea	Co Manch Aq	1
28.60	390	F	14/09/08	Paralympics Games 2008	Beijing, China	Co Manch Aq	1
28.75	384	H	14/09/08	Paralympics Games 2008	Beijing, China	Co Manch Aq	1
28.59	391	F	30/07/08	National Youth Champs 2008	Sheffield	Co Manch Aq	1
29.68	349	H	30/07/08	National Youth Champs 2008	Sheffield	Co Manch Aq	1
28.87	379	F	25/05/08	German International Open	Berlin	Co Manch Aq	1
29.56	353	H	10/05/08	Paralympic World Cup 2008	Manchester	Co Manch Aq	1
29.30	363	H	09/05/08	Paralympic World Cup 2008	Manchester	Co Manch Aq	1
28.82	381	F	26/04/08	British Int Disability Mt	Sheffield	Co Manch Aq	1
29.00	374	H	26/04/08	British Int Disability Mt	Sheffield	Co Manch Aq	1
28.68	387	F	04/04/08	British Champs (50m) 2008	Sheffield	Co Manch Aq	1
28.72	385	H	04/04/08	British Champs (50m) 2008	Sheffield	Co Manch Aq	1
29.07	372		08/12/07	WASA Disability Meet 2007	Swansea	Co Manch Aq	1
29.30	363	F	28/07/07	ASA Youth & Open 2007	Sheffield	Co Manch Aq	1
29.43	358	H	28/07/07	ASA Youth & Open 2007	Sheffield	Co Manch Aq	1
29.34	361	F	24/05/07	German Open Champs 2007	Berlin	Co Manch Aq	1
29.98	339	H	24/05/07	German Open Champs 2007	Berlin	Co Manch Aq	1
29.56	353	F	19/05/07	British International Dis	Sheffield	Co Manch Aq	1
29.55	354	H	19/05/07	British International Dis	Sheffield	Co Manch Aq	1
28.87	379	F	12/05/07	Paralympic World Cup 2007	Manchester	Co Manch Aq	1
29.58	353	H	12/05/07	Paralympic World Cup 2007	Manchester	Co Manch Aq	1
29.62	351	H	06/05/07	North West Youth Champs	Manchester	Co Manch Aq	1
29.42	359	F	28/03/07	British Championships 2007	Manchester	Co Manch Aq	1
29.33	362	H	27/03/07	British Championships 2007	Manchester	Co Manch Aq	1
29.32	362	F	07/12/06	IPC Swimming World Champs 2006	Durban, South Africa	Co Manch Aq	1
29.57	353	H	07/12/06	IPC Swimming World Champs 2006	Durban, South Africa	Co Manch Aq	1
28.93	377	F	02/08/06	National Youth & Open 2006	Sheffield	Co Manch Aq	1
29.26	364	H	02/08/06	National Youth & Open 2006	Sheffield	Co Manch Aq	1
28.88	379	F	08/07/06	DSE Long Course Meet 2006	Sheffield	Co Manch Aq	1
28.85	380	H	08/07/06	DSE Long Course Meet 2006	Sheffield	Co Manch Aq	1
29.01	374	F	06/05/06	Paralympic World Cup 06	Manchester	Co Manch Aq	1
28.54	393	F	05/04/06	GB Championships 2006	Sheffield	Co Manch Aq	1
28.85	380	H	05/04/06	GB Championships 2006	Sheffield	Co Manch Aq	1
28.94	377	F	18/03/06	Commonwealth Games 2006	Melbourne Australia	Co Manch Aq	1
29.03	373	H	18/03/06	Commonwealth Games 2006	Melbourne Australia	Co Manch Aq	1
29.79	345	H	26/11/05	North West Region Champs	Manchester	Co Manch Aq	1
29.27	364		13/08/05	Welsh Disability Champs 2005	Swansea	Co Manch Aq	1
28.71	386	F	06/08/05	Commonwealth Trials 2005	Sheffield	Co Manch Aq	1
28.79	383	H	06/08/05	Commonwealth Trials 2005	Sheffield	Co Manch Aq	1
29.74	347	F	15/07/05	US Open Championships 2005	Portland	Co Manch Aq	1
30.63	318	H	15/07/05	US Open Championships 2005	Portland	Co Manch Aq	1
29.57	353	H	23/06/05	German Open 2005	Berlin	Co Manch Aq	1
29.46	357	F	14/05/05	Paralympic World Cup 2005	Manchester	Co Manch Aq	1
29.47	357	H	14/05/05	Paralympic World Cup 2005	Manchester	Co Manch Aq	1
29.31	363	H	08/05/05	DSE Long Course Championships	Sheffield	Co Manch Aq	1
30.11	334		13/03/05	Nedbank Nationals 2005	South Africa	Co Manch Aq	1

28.80	382	F	26/09/04	Paralympic Games 2004	Athens, Greece	Co Manch Aq	1
29.58	353	H	26/09/04	Paralympic Games 2004	Athens, Greece	Co Manch Aq	1
29.94	340	H	16/07/04	ASA Long Course Champs 2004	Manchester	Co Manch Aq	1
29.80	345		07/05/04	British Swimming Paralympic Tr	Sheffield	Co Manch Aq	1
29.98	339		07/04/04	British Swimming Olympic Trial	Sheffield	Co Manch Aq	1
30.44	324	H	30/01/04	French Open Championships	Aix-en-Provence,FRA	Co Manch Aq	1
29.72	348		28/11/03	WASA Disability Meet 2003	Swansea	Co Manch Aq	1
30.19	332	H	17/07/03	Canadian Open Championships	Edmonton, Canada	Co Manch Aq	1
30.32	328	H	17/07/03	Canadian Open Championships	Edmonton, Canada	Co Manch Aq	1
30.75	314	H	28/06/03	German Open Championships	Berlin	Co Manch Aq	1
30.21	331	H	08/06/03	DSE Long Course Championship	Sheffield	Co Manch Aq	1
30.03	337	H	03/05/03	Northern Counties Youth Champs	Manchester	Co Manch Aq	1
29.54	354		19/03/03	British Long Course Champs2003	Sheffield	Co Manch Aq	1
29.72	348		19/03/03	British Long Course Champs2003	Sheffield	Co Manch Aq	1
29.27	364	F	10/12/02	3rd IPC World Championships	Mar del Plata	Co Manch Aq	1
30.00	338	H	10/12/02	3rd IPC World Championships	Mar del Plata	Co Manch Aq	1
30.92	309	H	24/11/02	NECASA Youth Championships	Leeds	Co Manch Aq	1
28.58	391	H	30/07/02	Commonwealth Games 2002	Manchester	Co Manch Aq	1
30.07	336	H	09/06/02	DSE National LongCourse Champs	Sheffield	Co Manch Aq	1
29.76	346	H	05/05/02	NECASA Senior & Junior Champs	Sheffield	Co Manch Aq	1
29.31	363	F	12/04/02	British Championships LC 2002	Manchester	Co Manch Aq	1
29.15	369	H	12/04/02	British Championships LC 2002	Manchester	Co Manch Aq	1
29.92	341	F	18/01/02	French Open	Nancy, France	Co Manch Aq	1
30.27	329	H	07/12/01	Bath Grand Prix	University of Bath	Co Manch Aq	1
29.89	342	H	31/07/01	European Champs for Disabled	Stockholm	Co Manch Aq	1
30.75	314	H	31/07/01	European Champs for Disabled	Stockholm	Co Manch Aq	1
29.52	355	H	19/06/01	USA Disability Open Meet	Pheonix	Co Manch Aq	1
29.75	347	H	01/06/01	BT Open Nationals	Sheffield	Co Manch Aq	1
30.97	307	H	05/05/01	Finnish Open Disabled Champs	Turku, Finland	Co Manch Aq	1
30.08	335	H	30/04/00	Bath Grand Prix	University of Bath	Co Manch Aq	1