

# Individual Best Times (All Time)

Laurence Metcalfe - (842110) - Keynsham 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
1:03.65	532	R	31/07/16	British Summer Championships	Sheffield	Co Bristol	1
1:05.05	499	H	08/08/15	ASA Summer Nationals 2015	Sheffield		1
1:05.46	489	H	04/05/15	ASA South West Summer Championships	Plymouth		1
1:05.58	487	F	04/05/15	ASA South West Summer Championships	Plymouth		1
1:05.69	484	F	11/04/15	City of Bristol Level 1 April Meet	Bristol	Co Bristol	1
1:05.73	483	H	02/05/16	ASA SWR Summer Championships	Plymouth	Co Bristol	1
1:05.76	483	H	29/05/15	Cardiff International Open Meet 2015	Cardiff	Co Bristol	1
1:05.81	482	F	09/04/16	City of Bristol International Open Meet	Bristol	Co Bristol	1
1:05.85	481	F	10/07/16	City of Bristol Summer Festival Open Meet	Bristol	Keynsham	3
1:05.94	479	F	28/02/16	Aquae Sulis Spring Grand Prix	Bristol	Co Bristol	1
1:06.09	475	H	10/07/16	City of Bristol Summer Festival Open Meet	Bristol	Keynsham	3
1:06.16	474	F	29/05/15	Cardiff International Open Meet 2015	Cardiff	Co Bristol	1
1:06.65	464	H	16/01/16	City of Derby Fifteenth LC L1 Open Meet	Sheffield	Co Bristol	1
1:07.27	451	F	17/05/14	COBEXE May Meet 2014	Hengrove	Co Bristol	1
1:07.91	438	H	22/01/18	Somerset County Championships 2018	Millfield	Keynsham	1
1:08.12	434	H	20/12/14	Derventio Excel 2nd Christmas Cracker	Sheffield		1
1:08.59	425	H	14/06/14	ASA South West Region AG Championships	Bristol		1
1:08.62	425	F	16/11/14	Aquae Sulis Grand Prix	Bristol	Co Bristol	1
1:08.64	424	F	05/04/14	City of Bristol Level 1 Open Meet	Hengrove	Keynsham	1
1:08.95	419	F	09/02/14	Aquae Sulis Spring Grand Prix 2014	Bristol	Keynsham	1
1:09.55	408	H	21/12/13	Derventio eXcel Christmas Cracker Meet	Sheffield	Keynsham	1
1:12.50	360	H	01/06/13	ASA South West Region Age Groups 2013	Millfield	Keynsham	1
1:16.09	311	F	11/05/13	Millfield Last Chance Meet	Millfield	Keynsham	1
1:17.99	289	F	14/04/13	Taunton Deane Easter Long Course Meet	Millfield	Keynsham	1

## Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
1:07.91	438	H	22/01/18	Somerset County Championships 2018	Millfield	Keynsham	1
1:03.65	532	R	31/07/16	British Summer Championships	Sheffield	Co Bristol	1
1:05.85	481	F	10/07/16	City of Bristol Summer Festival Open Meet	Bristol	Keynsham	3
1:06.09	475	H	10/07/16	City of Bristol Summer Festival Open Meet	Bristol	Keynsham	3
1:05.73	483	H	02/05/16	ASA SWR Summer Championships	Plymouth	Co Bristol	1
1:05.81	482	F	09/04/16	City of Bristol International Open Meet	Bristol	Co Bristol	1
1:05.94	479	F	28/02/16	Aquae Sulis Spring Grand Prix	Bristol	Co Bristol	1
1:06.65	464	H	16/01/16	City of Derby Fifteenth LC L1 Open Meet	Sheffield	Co Bristol	1
1:05.05	499	H	08/08/15	ASA Summer Nationals 2015	Sheffield		1
1:06.16	474	F	29/05/15	Cardiff International Open Meet 2015	Cardiff	Co Bristol	1
1:05.76	483	H	29/05/15	Cardiff International Open Meet 2015	Cardiff	Co Bristol	1
1:05.58	487	F	04/05/15	ASA South West Summer Championships	Plymouth		1
1:05.46	489	H	04/05/15	ASA South West Summer Championships	Plymouth		1
1:05.69	484	F	11/04/15	City of Bristol Level 1 April Meet	Bristol	Co Bristol	1
1:08.12	434	H	20/12/14	Derventio Excel 2nd Christmas Cracker	Sheffield		1
1:08.62	425	F	16/11/14	Aquae Sulis Grand Prix	Bristol	Co Bristol	1
1:08.59	425	H	14/06/14	ASA South West Region AG Championships	Bristol		1
1:07.27	451	F	17/05/14	COBEXE May Meet 2014	Hengrove	Co Bristol	1
1:08.64	424	F	05/04/14	City of Bristol Level 1 Open Meet	Hengrove	Keynsham	1
1:08.95	419	F	09/02/14	Aquae Sulis Spring Grand Prix 2014	Bristol	Keynsham	1
1:09.55	408	H	21/12/13	Derventio eXcel Christmas Cracker Meet	Sheffield	Keynsham	1
1:12.50	360	H	01/06/13	ASA South West Region Age Groups 2013	Millfield	Keynsham	1
1:16.09	311	F	11/05/13	Millfield Last Chance Meet	Millfield	Keynsham	1
1:17.99	289	F	14/04/13	Taunton Deane Easter Long Course Meet	Millfield	Keynsham	1