

# Individual Best Times (All Time)

Grace Russell - (969311) - Rotherham Metro 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
35.01	451	H	24/02/18	Yorkshire County Championships	Sheffield	Rotherham Mo	1
35.14	446	H	14/04/18	City of Leeds National Qualifier 2018	Leeds	Rotherham Mo	1
35.74	424	H	23/02/19	Yorkshire County Championships	Sheffield	Rotherham Mo	1
35.79	422	H	11/02/17	Yorkshire SA County Championships	Sheffield	Rotherham Mo	1
35.81	421	H	02/09/17	The Dukeries Open Meet 2017	Sheffield	Rotherham Mo	3
35.85	420	H	07/05/17	Rotherham Metro Springtime Long Course Meet	Sheffield	Rotherham Mo	3
35.92	418	H	27/01/18	Burns Meet 2018	Sheffield	Rotherham Mo	1
36.22	407	H	19/01/20	Rotherham Metro A & B Grade Long Course Meet	Sheffield	Rotherham Mo	3
36.49	398	H	30/03/19	City of Sheffield Swim Squad Premier Meet	Sheffield	Rotherham Mo	1
36.95	384	H	20/01/19	Rotherham Metro A & B Long Course Graded Meet	Sheffield	Rotherham Mo	3
37.74	360	H	07/05/16	Rotherham Metro Level One Long Course Meet	Sheffield	Rotherham Mo	1
37.84	357	H	27/02/16	Yorkshire County Championships	Sheffield	Rotherham Mo	1
38.29	345	H	24/01/16	Rotherham Metro A&B Grade LC Meet	Sheffield	Rotherham Mo	3
39.08	324	H	17/05/15	Rotherham Metro Level One Long Course Meet	Sheffield		1
40.06	301	H	01/02/15	Sheffield & District ASA Championships	Sheffield		4
40.41	293	H	17/01/15	Rotherham Metro A & B Grade LC Meet	Sheffield		3
44.34	222	H	18/01/14	Rotherham Metro SC A & B Grade LC Meet	Sheffield	Rotherham Mo	3
44.70	216	H	26/04/14	Stocksbridge Pentaqua Spring Open Meet	Sheffield	Rotherham Mo	3
45.24	209	H	05/07/14	Borough of Barnsley SC 7th Annual Summer Sizzler	Sheffield	Rotherham Mo	3
46.65	190	H	02/02/14	Sheffield & District ASA Championships	Sheffield	Rotherham Mo	4
47.23	183	H	14/12/13	BoB SC 18th Annual Christmas Sprint	Sheffield	Rotherham Mo	3
49.13	163	H	16/03/13	Yorkshire County Championships	Sheffield	Rotherham Mo	1
49.42	160	H	19/01/13	Rotherham Metro SC A & B Grade LC Meet	Sheffield	Rotherham Mo	3
54.03	122	H	08/07/12	Borough of Barnsley Summer Sizzler	Sheffield	Rotherham Mo	3

## Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
36.22	407	H	19/01/20	Rotherham Metro A & B Grade Long Course Meet	Sheffield	Rotherham Mo	3
36.49	398	H	30/03/19	City of Sheffield Swim Squad Premier Meet	Sheffield	Rotherham Mo	1
35.74	424	H	23/02/19	Yorkshire County Championships	Sheffield	Rotherham Mo	1
36.95	384	H	20/01/19	Rotherham Metro A & B Long Course Graded Meet	Sheffield	Rotherham Mo	3
35.14	446	H	14/04/18	City of Leeds National Qualifier 2018	Leeds	Rotherham Mo	1
35.01	451	H	24/02/18	Yorkshire County Championships	Sheffield	Rotherham Mo	1
35.92	418	H	27/01/18	Burns Meet 2018	Sheffield	Rotherham Mo	1
35.81	421	H	02/09/17	The Dukeries Open Meet 2017	Sheffield	Rotherham Mo	3
35.85	420	H	07/05/17	Rotherham Metro Springtime Long Course Meet	Sheffield	Rotherham Mo	3
35.79	422	H	11/02/17	Yorkshire SA County Championships	Sheffield	Rotherham Mo	1
37.74	360	H	07/05/16	Rotherham Metro Level One Long Course Meet	Sheffield	Rotherham Mo	1
37.84	357	H	27/02/16	Yorkshire County Championships	Sheffield	Rotherham Mo	1
38.29	345	H	24/01/16	Rotherham Metro A&B Grade LC Meet	Sheffield	Rotherham Mo	3
39.08	324	H	17/05/15	Rotherham Metro Level One Long Course Meet	Sheffield		1
40.06	301	H	01/02/15	Sheffield & District ASA Championships	Sheffield		4
40.41	293	H	17/01/15	Rotherham Metro A & B Grade LC Meet	Sheffield		3
45.24	209	H	05/07/14	Borough of Barnsley SC 7th Annual Summer Sizzler	Sheffield	Rotherham Mo	3
44.70	216	H	26/04/14	Stocksbridge Pentaqua Spring Open Meet	Sheffield	Rotherham Mo	3
46.65	190	H	02/02/14	Sheffield & District ASA Championships	Sheffield	Rotherham Mo	4
44.34	222	H	18/01/14	Rotherham Metro SC A & B Grade LC Meet	Sheffield	Rotherham Mo	3
47.23	183	H	14/12/13	BoB SC 18th Annual Christmas Sprint	Sheffield	Rotherham Mo	3
49.13	163	H	16/03/13	Yorkshire County Championships	Sheffield	Rotherham Mo	1
49.42	160	H	19/01/13	Rotherham Metro SC A & B Grade LC Meet	Sheffield	Rotherham Mo	3
54.03	122	H	08/07/12	Borough of Barnsley Summer Sizzler	Sheffield	Rotherham Mo	3