

# Individual Best Times (All Time)

Iona Colbert - (1123221) - Edinburgh University - 50 Backstroke - Short 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
28.19	718		15/12/22	Irish National Winter Championships	Dublin		2
28.42	701		15/12/22	Irish National Winter Championships	Dublin		2
28.71	680	C	10/12/23	Scottish National Short Course Championships 2023	Edinburgh		2
28.90	666	F	18/11/23	BUCS Short Course Swimming Championships 2023	Sheffield		2
28.91	666		16/12/21	Irish SC Championships 2021	Dublin		2
28.92	665	F	04/11/23	SASA North District Open Championships 2023	Aberdeen		2
29.14	650	H	04/11/23	SASA North District Open Championships 2023	Aberdeen		2
29.14	650	H	10/12/23	Scottish National Short Course Championships 2023	Edinburgh		2
29.16	649		16/12/21	Irish SC Championships 2021	Dublin		2
29.22	645	H	22/09/19	Nova Centurion September Sprint Meet 2019	Nottingham	Nova Cent'n	3
29.36	636	H	19/10/19	Nova Level 2 SCM October Open Meet	Harvey Hadden	Nova Cent'n	2
29.46	629	H	21/11/21	Nova Centurion November Meet	Nottingham	Nova Cent'n	2
29.59	621	H	18/11/23	BUCS Short Course Swimming Championships 2023	Sheffield		2
29.85	605	H	07/12/19	Swim England National Winter Championships (25m)	Sheffield	Nova Cent'n	2
29.98	597	F	07/11/21	East Midland Region Short Course Championships 21	Nottingham	Nova Cent'n	2
30.06	592	H	26/09/21	Nova Centurion September Sprint Meet	Nottingham	Nova Cent'n	3
30.06	592	H	07/11/21	East Midland Region Short Course Championships 21	Nottingham	Nova Cent'n	2
30.76	553	R	07/10/18	Swim England National County Team Div 2 Champs	Sheffield	Lincolnshire	2
30.81	550	H	04/11/18	Midland Winter Short Course Championships 2018	Harvey Hadden	Grantham	2
30.95	543	F	20/01/19	Lincolnshire County Championships 2019	Grantham	Grantham	2
30.97	541	H	24/06/18	Grantham Summer Club Championships	Grantham	Grantham	3
31.48	516	H	20/01/19	Lincolnshire County Championships 2019	Grantham	Grantham	2
31.99	491	F	20/01/18	Lincolnshire County Championships 2018	Grantham	Grantham	2
32.03	489	H	12/11/17	Grantham Club Championships	Grantham	Grantham	3
32.24	480	H	20/01/18	Lincolnshire County Championships 2018	Grantham	Grantham	2
32.59	465	R	08/10/17	Swim England National County Team Div 2 Champs	Sheffield	Lincolnshire	2
32.78	417	H	18/06/17	Grantham Club Championships	Grantham	Grantham	2

33.70	417	H	10/06/17	Grantham Club Championships	Grantham	Grantham	2
34.31	398	H	01/10/17	Cambridge Grand Prix	Cambridge	Grantham	2
34.56	389	H	21/01/17	Lincolnshire County Championships 2017	Grantham	Grantham	2
34.73	384	F	21/01/17	Lincolnshire County Championships 2017	Grantham	Grantham	2
35.24	367	H	02/10/16	Cambridge Grand Prix Regional & National Qualifier	Cambridge	Grantham	2
35.60	356	H	13/11/16	Grantham Club Championships	Grantham	Grantham	4
35.77	351	H	16/10/16	Nova Centurion October L2 SC Open Meet	Nottingham	Grantham	2
35.82	350	H	07/05/16	Grantham Grand Prix	Grantham	Grantham	3
36.46	332	H	12/06/16	Grantham Club Championships 2016	Grantham	Grantham	3
38.41	284	F	23/01/16	Lincolnshire County Championships 2016	Grantham	Grantham	2
38.71	277	H	19/03/16	Grantham Grand Prix	Grantham	Grantham	3
38.80	275	H	23/01/16	Lincolnshire County Championships 2016	Grantham	Grantham	2
42.37	211	H	05/07/15	Grantham Club Championships 2015	Grantham		4
43.29	198	H	27/09/15	Basildon & Phoenix Season Opener Meet	Basildon		2
44.16	186	H	07/03/15	Lincolnshire County ASA Swimming Championships	Louth		2
45.35	172	H	04/01/15	Boston 10th Open Meet	Grantham		3
49.44	133	H	09/11/14	Grantham Winter Club Championships	Grantham		4
50.50	125	H	18/04/15	Grantham Grand Prix Meet 2014 2015	Grantham		3
51.11	120	H	24/01/15	Grantham Grand Prix Meet 2014 2015	Grantham		3
51.64	116	H	20/07/14	Grantham Summer Club Championships	Grantham		4
52.25	112	H	10/11/13	Grantham Club Championships	Grantham	Grantham	4

## Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
28.71	680	C	10/12/23	Scottish National Short Course Championships 2023	Edinburgh		2
29.14	650	H	10/12/23	Scottish National Short Course Championships 2023	Edinburgh		2
28.90	666	F	18/11/23	BUCS Short Course Swimming Championships 2023	Sheffield		2
29.59	621	H	18/11/23	BUCS Short Course Swimming Championships 2023	Sheffield		2
28.92	665	F	04/11/23	SASA North District Open Championships 2023	Aberdeen		2
29.14	650	H	04/11/23	SASA North District Open Championships 2023	Aberdeen		2
28.42	701		15/12/22	Irish National Winter Championships	Dublin		2
28.19	718		15/12/22	Irish National Winter Championships	Dublin		2
29.16	649		16/12/21	Irish SC Championships 2021	Dublin		2
28.91	666		16/12/21	Irish SC Championships 2021	Dublin		2
29.46	629	H	21/11/21	Nova Centurion November Meet	Nottingham	Nova Cent'n	2
29.98	597	F	07/11/21	East Midland Region Short Course Championships 21	Nottingham	Nova Cent'n	2
30.06	592	H	07/11/21	East Midland Region Short Course Championships 21	Nottingham	Nova Cent'n	2
30.06	592	H	26/09/21	Nova Centurion September Sprint Meet	Nottingham	Nova Cent'n	3
29.85	605	H	07/12/19	Swim England National Winter Championships (25m)	Sheffield	Nova Cent'n	2
29.36	636	H	19/10/19	Nova Level 2 SCM October Open Meet	Harvey Hadden	Nova Cent'n	2
29.22	645	H	22/09/19	Nova Centurion September Sprint Meet 2019	Nottingham	Nova Cent'n	3
30.95	543	F	20/01/19	Lincolnshire County Championships 2019	Grantham	Grantham	2
31.48	516	H	20/01/19	Lincolnshire County Championships 2019	Grantham	Grantham	2
30.81	550	H	04/11/18	Midland Winter Short Course Championships 2018	Harvey Hadden	Grantham	2
30.76	553	R	07/10/18	Swim England National County Team Div 2 Champs	Sheffield	Lincolnshire	2
30.97	541	H	24/06/18	Grantham Summer Club Championships	Grantham	Grantham	3
31.99	491	F	20/01/18	Lincolnshire County Championships 2018	Grantham	Grantham	2
32.24	480	H	20/01/18	Lincolnshire County Championships 2018	Grantham	Grantham	2
32.03	489	H	12/11/17	Grantham Club Championships	Grantham	Grantham	3
32.59	465	R	08/10/17	Swim England National County Team Div 2 Champs	Sheffield	Lincolnshire	2
34.31	398	H	01/10/17	Cambridge Grand Prix	Cambridge	Grantham	2
33.78	417	H	18/06/17	Grantham Club Championships	Grantham	Grantham	3
34.73	384	F	21/01/17	Lincolnshire County Championships 2017	Grantham	Grantham	2

34.56	389	H	21/01/17	Lincolnshire County Championships 2017	Grantham	Grantham	2
35.60	356	H	13/11/16	Grantham Club Championships	Grantham	Grantham	4
35.77	351	H	16/10/16	Nova Centurion October L2 SC Open Meet	Nottingham	Grantham	2
35.24	367	H	02/10/16	Cambridge Grand Prix Regional & National Qualifier	Cambridge	Grantham	2
36.46	332	H	12/06/16	Grantham Club Championships 2016	Grantham	Grantham	3
35.82	350	H	07/05/16	Grantham Grand Prix	Grantham	Grantham	3
38.71	277	H	19/03/16	Grantham Grand Prix	Grantham	Grantham	3
38.41	284	F	23/01/16	Lincolnshire County Championships 2016	Grantham	Grantham	2
38.80	275	H	23/01/16	Lincolnshire County Championships 2016	Grantham	Grantham	2
43.29	198	H	27/09/15	Basildon & Phoenix Season Opener Meet	Basildon		2
42.37	211	H	05/07/15	Grantham Club Championships 2015	Grantham		4
50.50	125	H	18/04/15	Grantham Grand Prix Meet 2014 2015	Grantham		3
44.16	186	H	07/03/15	Lincolnshire County ASA Swimming Championships	Louth		2
51.11	120	H	24/01/15	Grantham Grand Prix Meet 2014 2015	Grantham		3
45.35	172	H	04/01/15	Boston 10th Open Meet	Grantham		3
49.44	133	H	09/11/14	Grantham Winter Club Championships	Grantham		4
51.64	116	H	20/07/14	Grantham Summer Club Championships	Grantham		4
52.25	112	H	10/11/13	Grantham Club Championships	Grantham	Grantham	4