

Individual Best Times (All Time)

James Sproston - (1138747) - Erith & District SC - 50 Freestyle - 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
24.37	566	H	05/11/22	SE London Winter Championships 2022	Lewisham		2
25.26	508	F	12/12/21	Bexley SC Christmas County Qualifier 2021	Crook Log		3
25.42	498	F	10/06/23	The White Horse League 2023	Crook Log LC		3
25.99	466	F	25/09/22	Erith & District SC Super Sunday Sprint Meet 2022	Crook Log LC		3
26.39	445	F	26/09/21	Erith & District SC Super Sunday Sprint Meet	Crook Log		3
26.58	436	F	27/10/20	Erith & District SC	Erith Leisure Centre		0
26.62	434	F	16/06/19	Dartford Dash 2019	Medway Park	Erith & Dist	3
26.76	427	F	24/11/19	EDSC Club Championships 2019	Crook Log	Erith & Dist	4
26.87	422	F	22/06/21	Erith and District	Erith		0
27.02	415	F	22/09/19	EDSC Super Sunday Sprint Meet 2019	Crook Log	Erith & Dist	3
27.67	386	F	25/11/18	EDSC Club Championships 2018	Crook Log	Erith & Dist	4
28.65	348	F	03/06/17	The White Horse League 2017	Eltham	Erith & Dist	3
28.87	340	F	23/09/18	EDSC Super Sunday Sprint Meet 2018	Bexleyheath	Erith & Dist	3
28.98	336	F	10/12/16	NASLS - Round 3	Gillingham	Erith & Dist	3
28.99	336	F	15/10/17	EDSC Club Championships 2017	Crook Log	Erith & Dist	4
29.07	333	F	24/09/17	Erith & District Super Sunday Sprint Meet	Bexleyheath	Erith & Dist	3
29.26	327	F	09/07/16	Beachfield 2nd Beachfield Summer Open	Gillingham	Erith & Dist	3
29.46	320	F	25/09/16	Erith & District Super Sunday Sprint Meet	Bexleyheath	Erith & Dist	3
30.04	302	F	09/10/16	Erith & District Club Championships	Bexleyheath	Erith & Dist	4
32.78	232	F	21/11/15	Erith & District Club Championships 2015	Bexleyheath	Erith & Dist	4
33.75	213	F	20/09/15	EDSC Super Sunday Sprint Meet 2015	Kent	Erith & Dist	3
33.79	212	F	11/07/15	Beachfield Swimming Squad Summer Open	Gillingham	Erith & Dist	3
35.54	182	H	22/02/15	2015 Kent County Swimming Championships	Gillingham	Erith & Dist	2
37.29	158	F	23/11/14	Erith & District Club Championships	Bexleyheath	Erith & Dist	4
37.70	152	F	15/11/14	Erith & District	Bexleyheath	Erith & Dist	4
38.46	144	F	21/09/14	Erith & District SC Super Sunday Sprint Meet 2014	Bexleyheath	Erith & Dist	3
40.00	110	H	06/07/14	Beckenham Summer Development Meet	Beckenham	Erith & Dist	2

40.90	119	H	06/07/14	Beckenham Summer Development Meet	Beckenham	Erith & Dist	3
47.99	74	F	16/11/13	Erith & District Club Championships	Bexleyheath	Erith & Dist	4

Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
25.42	498	F	10/06/23	The White Horse League 2023	Crook Log LC		3
24.37	566	H	05/11/22	SE London Winter Championships 2022	Lewisham		2
25.99	466	F	25/09/22	Erith & District SC Super Sunday Sprint Meet 2022	Crook Log LC		3
25.26	508	F	12/12/21	Bexley SC Christmas County Qualifier 2021	Crook Log		3
26.39	445	F	26/09/21	Erith & District SC Super Sunday Sprint Meet	Crook Log		3
26.87	422	F	22/06/21	Erith and District	Erith		0
26.58	436	F	27/10/20	Erith & District SC	Erith Leisure Centre		0
26.76	427	F	24/11/19	EDSC Club Championships 2019	Crook Log	Erith & Dist	4
27.02	415	F	22/09/19	EDSC Super Sunday Sprint Meet 2019	Crook Log	Erith & Dist	3
26.62	434	F	16/06/19	Dartford Dash 2019	Medway Park	Erith & Dist	3
27.67	386	F	25/11/18	EDSC Club Championships 2018	Crook Log	Erith & Dist	4
28.87	340	F	23/09/18	EDSC Super Sunday Sprint Meet 2018	Bexleyheath	Erith & Dist	3
28.99	336	F	15/10/17	EDSC Club Championships 2017	Crook Log	Erith & Dist	4
29.07	333	F	24/09/17	Erith & District Super Sunday Sprint Meet	Bexleyheath	Erith & Dist	3
28.65	348	F	03/06/17	The White Horse League 2017	Eltham	Erith & Dist	3
28.98	336	F	10/12/16	NASLS - Round 3	Gillingham	Erith & Dist	3
30.04	302	F	09/10/16	Erith & District Club Championships	Bexleyheath	Erith & Dist	4
29.46	320	F	25/09/16	Erith & District Super Sunday Sprint Meet	Bexleyheath	Erith & Dist	3
29.26	327	F	09/07/16	Beachfield 2nd Beachfield Summer Open	Gillingham	Erith & Dist	3
32.78	232	F	21/11/15	Erith & District Club Championships 2015	Bexleyheath	Erith & Dist	4
33.75	213	F	20/09/15	EDSC Super Sunday Sprint Meet 2015	Kent	Erith & Dist	3
33.79	212	F	11/07/15	Beachfield Swimming Squad Summer Open	Gillingham	Erith & Dist	3
35.54	182	H	22/02/15	2015 Kent County Swimming Championships	Gillingham	Erith & Dist	2
37.29	158	F	23/11/14	Erith & District Club Championships	Bexleyheath	Erith & Dist	4
37.70	152	F	15/11/14	Erith & District	Bexleyheath	Erith & Dist	4
38.46	144	F	21/09/14	Erith & District SC Super Sunday Sprint Meet 2014	Bexleyheath	Erith & Dist	3
40.90	119	H	06/07/14	Beckenham Summer Development Meet	Beckenham	Erith & Dist	3
47.99	74	F	16/11/13	Erith & District Club Championships	Bexleyheath	Erith & Dist	4