

Individual Best Times (All Time)

James Sproston - (1138747) - Erith & District SC - 100 Butterfly - 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
59.17	526	F	06/11/22	SE London Winter Championships 2022	Lewisham		2
59.19	526	F	26/11/22	Black Lion SC Winter Open Meet 2022	Medway Park		3
59.62	514	H	06/11/22	SE London Winter Championships 2022	Lewisham		2
1:00.40	495	F	12/11/22	Arena Swimming League South - Round Two	Maidstone		3
1:01.38	471	H	15/10/22	Beckenham SC Rising Stars	Beckenham	Erith & Dist	3
1:03.27	430	F	08/10/22	National Arena Swim League South Round One	Dover		3
1:03.87	418	F	14/10/23	National Arena Swimming League South R1 2023	Crawley		4
1:04.03	415	F	10/06/23	The White Horse League 2023	Crook Log LC		3
1:04.83	400	F	11/11/23	National Arena Swimming League South R2 2023	Bexleyheath		3
1:04.91	398	F	15/06/21	Erith and District	Erith		0
1:05.31	391	F	03/11/20	Erith & District SC	Erith Leisure Centre		0
1:05.52	387	F	12/03/22	The White Horse League 2022	Crook Log		3
1:05.61	386	F	09/03/19	The White Horse League 2019	Becontree	Erith & Dist	3
1:06.03	378	F	10/11/19	EDSC Club Championships 2019	Crook Log	Erith & Dist	4
1:07.65	352	F	16/12/18	Bromley SC Christmas Gold Open Meet 2018	Gillingham	Erith & Dist	3
1:07.65	352	F	14/12/19	NASL South Round 3	Crawley	Erith & Dist	3
1:07.67	352	F	11/06/22	The White Horse League 2022	Crook Log		3
1:07.85	349	F	09/11/19	National Arena Swimming League South Round Two	Burgess Hill	Erith & Dist	3
1:08.32	342	F	25/11/18	EDSC Club Championships 2018	Crook Log	Erith & Dist	4
1:08.69	336	F	12/10/19	NASL South League Round One	Dover District LC	Erith & Dist	3
1:09.37	326	F	02/06/18	The White Horse League	Becontree	Erith & Dist	3
1:10.24	314	F	17/12/17	Bromley Christmas Gold Open Meet 2017	Gillingham	Erith & Dist	3
1:10.50	311	F	10/03/18	The White Horse League	Becontree	Erith & Dist	3
1:13.34	276	F	04/03/17	The White Horse League 2017	Eltham	Erith & Dist	3
1:13.66	272	F	08/12/18	National Arena Swimming League South R3 2018	Maidstone	Erith & Dist	3
1:14.59	262	F	14/10/17	NASLS - Round One	Bexleyheath	Erith & Dist	3
1:14.78	260	F	09/12/17	NASLS - Round Three	Bexleyheath	Erith & Dist	3

1:14.76	200	F	09/12/17	NASLS - Round Three	Bexleyheath	Erith & Dist	3
1:15.25	255	F	11/11/17	NASLS - Round Two	Bexleyheath	Erith & Dist	3
1:15.72	251	F	12/11/16	NASLS Round 2	Crawley	Erith & Dist	3
1:16.14	247	F	09/07/16	Beachfield 2nd Beachfield Summer Open	Gillingham	Erith & Dist	3
1:16.22	246	F	12/11/17	EDSC Club Championships 2017	Crook Log	Erith & Dist	4
1:16.68	241	F	13/11/16	Erith & District Club Championships	Bexleyheath	Erith & Dist	4
1:18.76	223	F	08/10/16	NASL South	Bexleyheath	Erith & Dist	3
1:34.58	128	H	03/05/15	Black Lion L3 Spring Open Meet 2015	Medway Park	Erith & Dist	3

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