

Individual Best Times (All Time)

James Sproston - (1138747) - Erith & District SC - 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
26.98	550	F	06/11/22	SE London Winter Championships 2022	Lewisham		2
27.15	540	F	06/11/21	SE London Winter Championships 2021	London		2
27.21	536	H	06/11/21	SE London Winter Championships 2021	London		2
27.29	531	H	06/11/22	SE London Winter Championships 2022	Lewisham		2
27.39	526	H	04/12/21	Swim England National Winter Championships (25m)	Sheffield	Erith & Dist	2
28.39	472	F	09/10/22	Erith & District SC Club Championships 2022	Bexleyheath		4
28.96	445	F	25/09/22	Erith & District SC Super Sunday Sprint Meet 2022	Crook Log LC		3
29.17	435	F	26/09/21	Erith & District SC Super Sunday Sprint Meet	Crook Log		3
29.22	433	F	03/11/20	Erith & District SC	Erith Leisure Centre		0
29.38	426	F	15/06/21	Erith and District	Erith		0
29.78	409	F	16/06/19	Dartford Dash 2019	Medway Park	Erith & Dist	3
29.87	405	F	13/10/19	EDSC Club Championships 2019	Erith Leisure Centre	Erith & Dist	4
29.92	403	F	22/09/19	EDSC Super Sunday Sprint Meet 2019	Crook Log	Erith & Dist	3
30.78	370	F	23/09/18	EDSC Super Sunday Sprint Meet 2018	Bexleyheath	Erith & Dist	3
31.25	354	F	14/10/18	EDSC Club Championships 2018	Crook Log	Erith & Dist	4
31.28	353	R	07/10/18	Swim England National County Team Div 1 Champs	Sheffield		2
31.44	347	F	01/07/17	The White Horse League 2017	Becontree	Erith & Dist	3
31.63	341	F	21/04/18	The White Horse League	The Eltham Centre	Erith & Dist	3
31.88	333	F	24/09/17	Erith & District Super Sunday Sprint Meet	Bexleyheath	Erith & Dist	3
31.95	331	R	08/10/17	Swim England National County Team Div 1 Champs	Sheffield		2
32.58	312	F	26/11/16	Erith & District Club Championships	Bexleyheath	Erith & Dist	4
32.87	304	F	25/11/17	EDSC Club Championships 2017	Crook Log	Erith & Dist	4
33.15	296	F	25/09/16	Erith & District Super Sunday Sprint Meet	Bexleyheath	Erith & Dist	3
33.17	296	F	12/11/16	NASLS Round 2	Crawley	Erith & Dist	3
33.54	286	H	30/04/16	Black Lion L3 Spring Open Meet	Gillingham	Erith & Dist	3
33.80	279	F	08/10/16	NASL South	Bexleyheath	Erith & Dist	3
37.00	207	F	08/11/15	Erith & District Club Championships 2015	Bexleyheath	Erith & Dist	4

37.32	207	F	20/11/13	Erith & District Club Championships 2013	Bexleyheath	Erith & Dist	4
38.01	196	F	20/09/15	EDSC Super Sunday Sprint Meet 2015	Kent	Erith & Dist	3
38.04	196	F	11/07/15	Beachfield Swimming Squad Summer Open	Gillingham	Erith & Dist	3
38.78	185	H	01/03/15	2015 Kent County Swimming Championships	Gillingham	Erith & Dist	2
43.50	131	F	01/11/14	Dartford & Erith Fireworks Open Meet	Bexleyheath	Erith & Dist	3
44.22	125	F	21/09/14	Erith & District SC Super Sunday Sprint Meet 2014	Bexleyheath	Erith & Dist	3
44.45	123	F	15/11/14	Erith & District	Bexleyheath	Erith & Dist	4
45.93	111	F	22/11/14	Erith & District Club Championships	Bexleyheath	Erith & Dist	4
50.17	85	H	06/07/14	Beckenham Summer Development Meet	Beckenham	Erith & Dist	3
54.79	65	F	23/11/13	Erith & District Club Championships	Bexleyheath	Erith & Dist	4

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