

Individual Best Times (All Time)

James Sproston - (1138747) - Erith & District SC - 100 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
1:00.23	516	F	05/11/22	SE London Winter Championships 2022	Lewisham		2
1:00.24	516	F	13/11/21	National Arena Swimming League South - Round Two	Pavillions in the Pa		3
1:00.26	515	F	12/12/21	Bexley SC Christmas County Qualifier 2021	Crook Log		3
1:00.29	515	F	09/10/21	National Arena Swimming League South Round One	Brighton		3
1:00.38	512	H	08/01/22	Dover Lifeguard SC & Herne Bay SC Icebreakers 2022	Dover	Erith & Dist	3
1:00.39	512	H	07/11/21	SE London Winter Championships 2021	London		2
1:00.47	510	H	05/11/22	SE London Winter Championships 2022	Lewisham		2
1:01.88	476	F	11/12/21	National Arena Swimming League South Round 3	Pavilions in the Par		3
1:02.41	464	F	27/10/20	Erith & District SC	Erith Leisure Centre		0
1:02.49	462	F	23/10/22	Erith & District SC Club Championships 2022	Bexleyheath		4
1:02.82	455	F	25/03/23	Black Lion SC Regional Chaser 2023	Gillingham		3
1:03.00	451	F	22/06/21	Erith and District	Erith		0
1:03.52	440	F	09/11/19	National Arena Swimming League South Round Two	Burgess Hill	Erith & Dist	3
1:03.59	439	F	07/11/21	SE London Winter Championships 2021	London		2
1:04.09	428	F	14/12/19	NASL South Round 3	Crawley	Erith & Dist	3
1:04.24	425	F	12/11/22	Arena Swimming League South - Round Two	Maidstone		3
1:04.57	419	F	10/11/19	EDSC Club Championships 2019	Crook Log	Erith & Dist	4
1:04.72	416	F	12/10/19	NASL South League Round One	Dover District LC	Erith & Dist	3
1:05.44	402	H	19/12/19	Bexley SC Short Course Closed Invitational Meet	Sidcup	Erith & Dist	4
1:05.77	396	F	13/10/18	NASL South Round One 2018	Hastings	Erith & Dist	3
1:05.77	396	F	11/11/18	EDSC Club Championships 2018	Crook Log	Erith & Dist	4
1:05.98	393	F	10/11/18	National Arena Swimming League South Round 2	Bexleyheath	Erith & Dist	3
1:06.01	392	H	07/10/18	Swim England National County Team Div 1 Champs	Sheffield		2
1:07.19	372	F	10/03/18	The White Horse League	Becontree	Erith & Dist	3
1:07.65	364	F	08/12/18	National Arena Swimming League South R3 2018	Maidstone	Erith & Dist	3
1:08.26	354	F	17/12/17	Bromley Christmas Gold Open Meet 2017	Gillingham	Erith & Dist	3
1:08.48	351	F	11/11/17	NASL South Round Two	Bexleyheath	Erith & Dist	3

1:06.49	351	F	11/11/17	NASLS - Round Two	Bexleyheath	Erith & Dist	3
1:08.54	350	F	09/12/17	NASLS - Round Three	Bexleyheath	Erith & Dist	3
1:08.90	345	F	14/10/17	NASLS - Round One	Bexleyheath	Erith & Dist	3
1:09.91	330	F	03/06/17	The White Horse League 2017	Eltham	Erith & Dist	3
1:10.40	323	F	15/10/17	EDSC Club Championships 2017	Crook Log	Erith & Dist	4
1:12.01	302	F	09/10/16	Erith & District Club Championships	Bexleyheath	Erith & Dist	4
1:12.68	294	F	10/12/16	NASLS - Round 3	Gillingham	Erith & Dist	3
1:20.73	214	F	31/10/15	DD & ED Halloween Weekend Open Meet	Bexleyheath	Erith & Dist	3
1:24.18	189	F	21/11/15	Erith & District Club Championships 2015	Bexleyheath	Erith & Dist	4

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