

Individual Best Times (All Time)

Charlie Southwood - (1237280) - Torfaen Dolphins Performance - 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
59.53	535	H	16/12/23	Swim Wales Winter Championships 2023	Swansea		2
59.77	528	F	17/12/22	Swim Wales Winter Championships 2022	Swansea		2
59.96	523	F	25/11/23	Swim Wales Regional SC Championships - SE 2023	Newport		2
1:00.55	508	F	11/11/23	National Arena Swimming League Western 2023 Gala 1	Plymouth		4
1:00.89	500	F	28/10/23	Neath ASC Open Meet	Swansea		2
1:01.23	491	H	17/12/22	Swim Wales Winter Championships 2022	Swansea		2
1:01.34	489	F	20/11/22	Cardiff International Open Meet 2022	Cardiff		2
1:01.34	489	F	09/12/23	National Arena Swimming League Western 2023 Gala 1	Newport		2
1:01.49	485	F	10/12/22	National Arena Swimming League: R3 Premier Div	Newport		2
1:01.85	477	F	14/10/23	National Arena Swimming League Western 2023 Gala 1	Newport		4
1:02.36	465	F	09/12/22	Torfaen Dolphins Christmas Cracker	Pontypool		2
1:02.52	461	F	16/09/23	Torfaen Dolphins Club Championships 2023	Pontypool		3
1:04.17	427	F	17/09/22	Torfaen Dolphins Club Championships	Pontypool		3
1:04.64	417	F	13/02/22	Swim Wales South East Regional Championships 2022	Newport		2
1:05.78	396	F	31/10/21	City of Bristol Early Bird Meet	Bristol		3
1:06.37	386	F	14/06/21	Swim Wales Super Series 2021 - Round 1, Session 1	Swansea		0
1:06.93	376	F	12/07/21	Swim Wales Super Series 2021 - Round 3, Session 1	Swansea		0
1:07.33	369	F	14/12/20	Swim Wales Super Series - Round 3, Session 1	Swansea		0
1:09.19	340	F	23/11/20	Swim Wales Super Series - Round 2, Session 1	Swansea		0
1:12.00	302	H	29/11/19	Swim Wales Short Course Championships	WNPS	Torfaen D	2
1:12.82	292	F	29/11/19	Swim Wales Short Course Championships	WNPS	Torfaen D	2
1:13.27	286	F	16/11/19	Guildford City Winter Open Meet	Surrey Sports Park	Torfaen D	2
1:15.66	260	F	06/07/19	Torfaen Dolphins Short Course Meet	Newport	Torfaen D	2
1:18.11	236	F	03/03/19	Torfaen St Davids Day Meet 2019	Pontypool	Torfaen D	3
1:20.04	220	F	12/02/19	Swim Wales South East Regional Championships	Newport	Torfaen D	2
1:20.80	214	H	12/02/19	Swim Wales South East Regional Championships	Newport	Torfaen D	2
1:24.03	188	F	02/11/18	Torfaen Dolphins Specials	Newport	Torfaen D	2

1:24.23	100	F	03/11/18	Torfaen Dolphins Spooktacular	Pontypool	Torfaen D	3
1:25.19	182	F	07/07/18	Torfaen Dolphins Short Course Meet 2018	Newport	Torfaen D	2
1:25.75	179	H	05/02/18	SW South East Regional Championships	Newport	Torfaen D	2
1:26.20	176	F	05/02/18	SW South East Regional Championships	Newport	Torfaen D	2
1:35.65	129	F	08/07/17	Torfaen Dolphins Summer Open Meet 2017	Newport	Torfaen D	2
1:37.41	122	F	20/11/16	United Bristol Autumn Level 3 Open Meet	Horfield	Torfaen D	3

Swims in Date Order

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59.53	535	H	16/12/23	Swim Wales Winter Championships 2023	Swansea		2
1:01.34	489	F	09/12/23	National Arena Swimming League Western 2023 Gala 1	Newport		2
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59.77	528	F	17/12/22	Swim Wales Winter Championships 2022	Swansea		2
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1:06.93	376	F	12/07/21	Swim Wales Super Series 2021 - Round 3, Session 1	Swansea		0
1:06.37	386	F	14/06/21	Swim Wales Super Series 2021 - Round 1, Session 1	Swansea		0
1:07.33	369	F	14/12/20	Swim Wales Super Series - Round 3, Session 1	Swansea		0
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