

# Individual Best Times (All Time)

Mark Rigo - (1311358) - Newham & University of East Lond - 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
28.95	445	F	03/12/23	NUEL SC Late County Qualifier Open Meet 2023	Stratford		3
28.97	444	H	14/04/24	Romford Town Last Chance Regional Qualifier 2024	Romford	Bo Newham	3
29.12	437	H	18/11/23	Swim England Essex Winter Championships 2023	Basildon	Bo Newham	2
29.18	435	H	05/11/23	SE London Winter Championships 2023	Stratford		2
29.25	431	H	17/12/22	RTSC Christmas Cracker Meet 2022	Basildon	Bo Newham	3
29.30	429	F	04/12/22	Newham & UoL SC Late County Qualifier Open Meet 22	London		3
29.30	429	H	26/02/23	Essex Age Group County Championships 2023	Basildon	Bo Newham	2
29.32	428	F	08/10/23	NUEL SC Early County Qualifier Open Meet 2023	Stratford		3
29.37	426	H	01/10/23	Romford Town SC Autumn Season Opener Meet 2023	Romford	Bo Newham	3
29.39	425	H	02/07/23	Romford Town SC End of Season Meet 2023	Basildon	Bo Newham	3
29.73	411	F	09/10/22	NUEL SC Early County Qualifier Open Meet 2022	London		3
29.73	411	H	15/10/22	Essex Winter Championships 2022	Basildon	Bo Newham	2
29.79	408	H	06/11/22	SE London Winter Championships 2022	Lewisham		2
30.16	393	H	17/04/22	Romford Town Last Chance Regional Qualifier Meet	Essex	Romford Town	3
30.59	377	F	05/03/22	ESS Level 3 Open Meet	Enfield		3
31.38	349	F	05/12/21	NUEL Late County Qualifier Open Meet 2021	Stratford		3
31.84	334	H	11/12/21	Romford Town SC Christmas Cracker Meet 2021	London	Romford Town	3
32.44	316	H	03/11/20	Romford Town Swimming Club	Abbs Cross Health	Romford Town	0
32.97	301	H	20/10/19	Essex Senior Winter Champs	Basildon	Romford Town	2
33.15	296	H	05/10/19	9th David Jacobs Memorial Meet	Basildon	Romford Town	3
33.22	294	H	29/11/19	Harlow Penguins 2019 County Qualifier Open Meet	Harlow	Romford Town	3
33.27	293	F	10/11/19	NUEL Winter Invitational Meet 2019	East Ham	Romford Town	4
34.08	273	H	28/04/19	RTSC Non- Regional Qualifiers Meet	Romford	Romford Town	3
34.74	257	H	29/03/19	Harlow Penguins 2019 Regional Qualifier Open Meet	Harlow	Romford Town	3
36.60	220	H	20/10/18	Harlow Penguins Autumn Junior Development Meet	Harlow	Romford Town	3
37.04	212	F	15/12/18	LB Redbridge Last Chance County Qualifier	Fullwell Cross Pool	Romford Town	3
37.13	194	F	17/12/18	LBSC Last Chance Qualifying Meet	Fullwell Cross	Romford Town	3

43.13	134	F	17/12/16	LBRSC Last Chance Qualifying Meet	Fullwell Cross	Epping For't	3
43.50	131	H	04/12/16	Epping Forest District Yuletide Gala 2016	Loughton	Epping For't	3

## Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
28.97	444	H	14/04/24	Romford Town Last Chance Regional Qualifier 2024	Romford	Bo Newham	3
28.95	445	F	03/12/23	NUEL SC Late County Qualifier Open Meet 2023	Stratford		3
29.12	437	H	18/11/23	Swim England Essex Winter Championships 2023	Basildon	Bo Newham	2
29.18	435	H	05/11/23	SE London Winter Championships 2023	Stratford		2
29.32	428	F	08/10/23	NUEL SC Early County Qualifier Open Meet 2023	Stratford		3
29.37	426	H	01/10/23	Romford Town SC Autumn Season Opener Meet 2023	Romford	Bo Newham	3
29.39	425	H	02/07/23	Romford Town SC End of Season Meet 2023	Basildon	Bo Newham	3
29.30	429	H	26/02/23	Essex Age Group County Championships 2023	Basildon	Bo Newham	2
29.25	431	H	17/12/22	RTSC Christmas Cracker Meet 2022	Basildon	Bo Newham	3
29.30	429	F	04/12/22	Newham & UoL SC Late County Qualifier Open Meet 22	London		3
29.79	408	H	06/11/22	SE London Winter Championships 2022	Lewisham		2
29.73	411	H	15/10/22	Essex Winter Championships 2022	Basildon	Bo Newham	2
29.73	411	F	09/10/22	NUEL SC Early County Qualifier Open Meet 2022	London		3
30.16	393	H	17/04/22	Romford Town Last Chance Regional Qualifier Meet	Essex	Romford Town	3
30.59	377	F	05/03/22	ESS Level 3 Open Meet	Enfield		3
31.84	334	H	11/12/21	Romford Town SC Christmas Cracker Meet 2021	London	Romford Town	3
31.38	349	F	05/12/21	NUEL Late County Qualifier Open Meet 2021	Stratford		3
32.44	316	H	03/11/20	Romford Town Swimming Club	Abbs Cross Health	Romford Town	0
33.22	294	H	29/11/19	Harlow Penguins 2019 County Qualifier Open Meet	Harlow	Romford Town	3
33.27	293	F	10/11/19	NUEL Winter Invitational Meet 2019	East Ham	Romford Town	4
32.97	301	H	20/10/19	Essex Senior Winter Champs	Basildon	Romford Town	2
33.15	296	H	05/10/19	9th David Jacobs Memorial Meet	Basildon	Romford Town	3
34.08	273	H	28/04/19	RTSC Non- Regional Qualifiers Meet	Romford	Romford Town	3
34.74	257	H	29/03/19	Harlow Penguins 2019 Regional Qualifier Open Meet	Harlow	Romford Town	3
37.04	212	F	15/12/18	LB Redbridge Last Chance County Qualifier	Fullwell Cross Pool	Romford Town	3
36.60	220	H	20/10/18	Harlow Penguins Autumn Junior Development Meet	Harlow	Romford Town	3
43.13	134	F	17/12/16	LBRSC Last Chance Qualifying Meet	Fullwell Cross	Epping For't	3
43.50	131	H	04/12/16	Epping Forest District Yuletide Gala 2016	Loughton	Epping For't	3