

Individual Best Times (All Time)

Lois Mason - (1340993) - Rochford & District SC - 50 Freestyle - 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
30.47	426	H	19/11/23	Swim England Essex Winter Championships 2023	Basildon	Rochford	2
30.52	424	H	02/07/22	Rochford & District SC Club Championships 2022	Clements Hall LC	Rochford	4
30.64	419	H	05/02/23	Essex Age Group County Championships 2023	Basildon	Rochford	2
30.64	419	H	05/02/23	Essex Age Group County Championships 2023	Basildon	Rochford	2
30.71	416	H	02/10/22	Romford Town SC Autumn Season Opener Meet 2022	Essex	Rochford	3
30.82	411	H	16/03/24	Basildon Spring Regional Qualifier 2024	Basildon	Rochford	3
30.87	409	H	01/06/24	Chelmsford Nicki Wiseman Summer Sprints Meet 2024	Chelmsford City	Rochford	4
30.89	409	H	22/10/23	Basildon & Phoenix Autumn County Qualifier 2023	Basildon	Rochford	3
30.93	407	H	02/04/23	Basildon & Phoenix SC Easter Meet 2023	Basildon	Rochford	3
30.93	407	H	18/05/24	Basildon & Phoenix Spring SC Meet 2024	Basildon	Rochford	3
30.94	407	H	03/12/23	Rochford and District Open Meet 2023	Clements Hall	Rochford	4
31.11	400	H	03/12/22	Colchester Last Chance County Qualifier	Braintree	Rochford	3
31.18	397	H	07/04/24	Basildon & Phoenix Easter Meet 2024	Basildon	Rochford	3
31.23	395	H	16/04/23	Halstead SC Annual Open Meet 2023	Braintree	Rochford	3
31.30	393	H	02/09/23	Halstead SC Annual Open Meet 2023	Braintree	Rochford	3
31.53	384	H	17/04/22	Colchester SC Last Chance Regional Qualifier	Braintree	Rochford	3
32.10	364	H	19/03/22	Basildon & Phoenix Spring Regional Qualifier 2022	Basildon	Rochford	3
32.27	358	H	11/12/21	Romford Town SC Christmas Cracker Meet 2021	London	Rochford	3
37.39	230	H	15/12/19	Dave Warriner Sprint Event 2019	Basildon	Rochford	3
40.00	188	H	06/07/19	Rochford & District SC Club Championships 2019	Hawkeell	Rochford	4

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31.18	397	H	07/04/24	Basildon & Phoenix Easter Meet 2024	Basildon	Rochford	3

30.82	411	H	16/03/24	Basildon Spring Regional Qualifier 2024	Basildon	Rochford	3
30.94	407	H	03/12/23	Rochford and District Open Meet 2023	Clements Hall	Rochford	4
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37.39	230	H	15/12/19	Dave Warriner Sprint Event 2019	Basildon	Rochford	3
40.00	188	H	06/07/19	Rochford & District SC Club Championships 2019	Hawkwell	Rochford	4