

# Individual Best Times (All Time)

Lois Mason - (1340993) - Rochford & 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
35.75	352	H	06/04/24	Basildon & Phoenix Easter Meet 2024	Basildon	Rochford	3
36.05	343	H	17/03/24	Basildon Spring Regional Qualifier 2024	Basildon	Rochford	3
36.07	343	H	19/05/24	Basildon & Phoenix Spring SC Meet 2024	Basildon	Rochford	3
36.48	331	H	21/10/23	Basildon & Phoenix Autumn County Qualifier 2023	Basildon	Rochford	3
36.59	328	H	26/02/23	Essex Age Group County Championships 2023	Basildon	Rochford	2
36.68	326	H	01/04/23	Basildon & Phoenix SC Easter Meet 2023	Basildon	Rochford	3
36.93	319	H	01/10/22	Romford Town SC Autumn Season Opener Meet 2022	Essex	Rochford	3
36.98	318	H	18/09/22	BPSC Autumn Season Opener 2022	Basildon	Rochford	3
37.01	317	H	07/07/22	Rochford & District SC Club Championships 2022	Clements Hall LC	Rochford	4
37.03	317	H	20/03/22	Basildon & Phoenix Spring Regional Qualifier 2022	Basildon	Rochford	3
37.11	315	H	01/06/24	Chelmsford Nicki Wiseman Summer Sprints Meet 2024	Chelmsford City	Rochford	4
37.39	307	H	04/12/22	Colchester Last Chance County Qualifier	Braintree	Rochford	3
37.46	306	H	02/12/23	Rochford and District Open Meet 2023	Clements Hall	Rochford	4
37.51	305	H	02/09/23	Halstead SC Annual Open Meet 2023	Braintree	Rochford	3
37.54	304	H	16/04/23	Halstead SC Annual Open Meet 2023	Braintree	Rochford	3
37.80	298	H	16/04/22	Colchester SC Last Chance Regional Qualifier	Braintree	Rochford	3
42.23	213	H	15/12/19	Dave Warriner Sprint Event 2019	Basildon	Rochford	3
46.50	160	H	06/07/19	Rochford & District SC Club Championships 2019	Hawkwell	Rochford	4

## Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
37.11	315	H	01/06/24	Chelmsford Nicki Wiseman Summer Sprints Meet 2024	Chelmsford City	Rochford	4
36.07	343	H	19/05/24	Basildon & Phoenix Spring SC Meet 2024	Basildon	Rochford	3
35.75	352	H	06/04/24	Basildon & Phoenix Easter Meet 2024	Basildon	Rochford	3
36.05	343	H	17/03/24	Basildon Spring Regional Qualifier 2024	Basildon	Rochford	3
37.46	306	H	02/12/23	Rochford and District Open Meet 2023	Clements Hall	Rochford	4

36.48	331	H	21/10/23	Basildon & Phoenix Autumn County Qualifier 2023	Basildon	Rochford	3
37.51	305	H	02/09/23	Halstead SC Annual Open Meet 2023	Braintree	Rochford	3
37.54	304	H	16/04/23	Halstead SC Annual Open Meet 2023	Braintree	Rochford	3
36.68	326	H	01/04/23	Basildon & Phoenix SC Easter Meet 2023	Basildon	Rochford	3
36.59	328	H	26/02/23	Essex Age Group County Championships 2023	Basildon	Rochford	2
37.39	307	H	04/12/22	Colchester Last Chance County Qualifier	Braintree	Rochford	3
36.93	319	H	01/10/22	Romford Town SC Autumn Season Opener Meet 2022	Essex	Rochford	3
36.98	318	H	18/09/22	BPSC Autumn Season Opener 2022	Basildon	Rochford	3
37.01	317	H	07/07/22	Rochford & District SC Club Championships 2022	Clements Hall LC	Rochford	4
37.80	298	H	16/04/22	Colchester SC Last Chance Regional Qualifier	Braintree	Rochford	3
37.03	317	H	20/03/22	Basildon & Phoenix Spring Regional Qualifier 2022	Basildon	Rochford	3
42.23	213	H	15/12/19	Dave Warriner Sprint Event 2019	Basildon	Rochford	3
46.50	160	H	06/07/19	Rochford & District SC Club Championships 2019	Hawkwell	Rochford	4