

Individual Best Times (All Time)

Justin Langford - (18118) - Staines Swimming Club - 100 Butterfly - 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
58.09	556	F	30/06/14	Hemel Hempstead SC Sprint Championships	Hemel Hempstead	Hemel Hemp	4
58.61	541	H	28/10/18	City of Leeds October Meet 2018	John Charles Centre	Co Wakefield	3
58.79	536	H	10/01/09	Tom Handley Memorial Open	Brighton	Tring	2
58.80	536	F	05/07/14	Potters Bar SC Summer Open 2014	Potters Bar	Tring	3
58.98	531	F	11/10/14	National Arena League London Div 1 & 2	Luton	Hemel Hemp	3
58.99	531	F	21/02/09	Sussex County Champs	Crawley	Tring	2
59.36	521	F	21/11/21	Barnet Cophthall County Qualifier&Development Meet2	Cophthall		3
59.52	517	F	26/04/14	City of MK Annual Spring Open Level 2 Meet	Milton Keynes	Tring	2
59.65	513		29/03/08	Sussex Schools Champs	Brighton	Tring	2
59.67	513	H	14/11/09	BUCS Championship (25m)	Sheffield	Tring	2
59.73	511		21/11/08	Crawley Club Champs	Crawley	Tring	4
59.88	508		17/05/08	Hatfield UK Challenge	Hatfield	Tring	1
1:00.02	504		17/05/08	Hatfield UK Challenge	Hatfield	Tring	1
1:00.07	503	H	17/07/10	Fareham Nomads Open	Southampton	Tring	3
1:00.09	502	F	23/02/08	Sussex County Champs	Crawley	Tring	2
1:00.13	501		15/11/08	Haslemere Open Meet	Haslemere	Tring	1
1:00.13	501	F	21/02/09	Sussex County Champs	Crawley	Tring	2
1:00.15	501	H	12/01/08	Tom Handley Brighton Open	Brighton	Tring	2
1:00.20	499	H	12/04/08	Bexley Short Course Open	Bexleyheath	Tring	2
1:00.20	499	H	21/02/09	Sussex County Champs	Crawley	Tring	2
1:00.22	499	C	08/11/09	East Region Winter Champs	Norwich	Tring	2
1:00.27	498		24/05/08	Guildford City Last Chance	Guildford	Tring	2
1:00.34	496	H	08/11/09	East Region Winter Champs	Norwich	Tring	2
1:00.41	494	F	05/01/08	Icebreaker	Canterbury	Tring	1
1:00.45	493		05/11/06	South East Region Champs	Waterlooville	Tring	1
1:00.52	492	H	09/01/10	Tom Handley Age Grp Meet	Brighton	Tring	2
1:00.56	491	F	28/02/10	Sussex County Champs	Crawley	Tring	2

1:00.56	491	F	20/02/10	Sussex County Champs	Crawley	Tring	
1:00.59	490	H	19/11/06	Haslemere Open Meet	Haslemere	Tring	1
1:00.66	488	H	02/12/06	Guildford Winter Open	Guildford	Tring	1
1:00.70	487	F	17/03/12	Hertfordshire County Championships	Borehamwood	Tring	2
1:00.72	487	F	15/01/22	Brighton SC Tom Handley Open Meet	Prince Regent		3
1:00.73	486		28/11/10	Hitchin Open Meet	Hitchin	Tring	3
1:00.85	484		05/11/06	South East Region Champs	Waterlooville	Tring	1
1:00.88	483	H	05/01/08	Icebreaker	Canterbury	Tring	1
1:01.11	477	H	13/01/07	Brighton Tom Handley Open	Brighton	Tring	2
1:01.31	473	F	17/11/12	City of Milton Keynes 502400s Open Meet	Milton Keynes	Tring	2
1:01.51	468	H	15/07/06	Fareham Nomads Summer Open	Southampton	Tring	3
1:01.51	468	H	23/02/08	Sussex County Champs	Crawley	Tring	2
1:01.69	464		18/10/09	Southampton James Moreno	Southampton	Tring	2
1:01.95	458	F	07/05/11	Stevenage SC May Open Meet	Stevenage	Tring	3
1:01.97	458	H	27/05/06	Guildford Spring Open	Guildford	Tring	1
1:02.00	457	H	12/05/12	Hatfield SC UK Challenge	Hatfield	Tring	2
1:02.02	457		22/04/06	Littlehampton Open	Portsmouth	Tring	2
1:02.04	456	H	18/02/06	Sussex County Champs	Crawley	Tring	2
1:02.05	456	F	23/02/08	Sussex County Champs	Crawley	Tring	2
1:02.18	453	H	07/01/06	Brighton Tom Hadley Mt	Brighton	Tring	2
1:02.18	453	H	14/07/07	Fareham Nomads Summer Mt L3)	Southampton	Tring	2
1:02.38	449		13/04/06	Portsmouth Northsea Open	Portsmouth	Tring	1
1:02.48	447		13/04/06	Portsmouth Northsea Open	Portsmouth	Tring	1
1:02.94	437		19/05/07	Hatfield UK Challenge	Hatfield	Tring	1
1:02.97	436	H	26/03/06	Sussex Schools Champs	Brighton	Tring	2
1:03.30	430	H	03/12/05	Guildford Open Meet	Guildford	Tring	1
1:03.35	429	H	28/02/10	Sussex County Champs	Crawley	Tring	2
1:03.86	418	H	20/11/05	Haslemere Open Meet	Haslemere	Tring	1
1:04.17	412	H	28/05/05	Guildford Open Meet 2005	Guildford	Tring	2
1:04.94	398	H	03/07/05	Haslemere Summer Open Meet	Haslemere	Tring	2
1:07.73	351	H	12/03/05	Sussex County Championships	Crawley	Tring	2
1:08.07	345	H	12/03/05	Sussex County Championships	Crawley	Tring	2
1:08.12	345	F	12/03/05	Sussex County Championships	Crawley	Tring	2
1:08.44	340	H	08/01/05	Tom Handley 23rd AG Open Meet	Brighton	Tring	2
1:08.46	339	H	20/03/05	Sussex Schools Championships	Brighton	Tring	2
1:09.06	331		24/03/05	Portsmouth Northsea Easter Mt	Portsmouth	Tring	2
1:09.77	321	H	18/07/04	Fareham Nomads Summer A Meet	Portsmouth	Tring	2
1:11.06	303	H	21/03/04	Sussex Schools Championships	Brighton	Tring	2
1:11.44	299	H	04/07/04	Haslemere Summer Open Meet	Haslemere	Tring	2
1:17.39	235	H	10/01/04	Tom Handley Brighton Open Meet	Prince Regent	Tring	2
1:21.21	203	H	11/01/03	Brighton Age Group Open Meet	Prince Regent	Tring	2
1:36.46	121		23/02/02	Sussex County Championships	Crawley	Tring	2

Swims in Date Order

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1:00.72	487	F	15/01/22	Brighton SC Tom Handley Open Meet	Prince Regent		3
59.36	521	F	21/11/21	Barnet Copthall County Qualifier&Development Meet2	Copthall		3
58.61	541	H	28/10/18	City of Leeds October Meet 2018	John Charles Centre	Co Wakefield	3
58.98	531	F	11/10/14	National Arena League London Div 1 & 2	Luton	Hemel Hemp	3
58.80	536	F	05/07/14	Potters Bar SC Summer Open 2014	Potters Bar	Tring	3
58.09	556	F	30/06/14	Hemel Hempstead SC Sprint Championships	Hemel Hempstead	Hemel Hemp	4
59.52	517	F	26/04/14	City of MK Annual Spring Open Level 2 Meet	Milton Keynes	Tring	2
1:01.31	473	F	17/11/12	City of Milton Keynes 502400s Open Meet	Milton Keynes	Tring	2

1:02.00	457	H	12/05/12	Hatfield SC UK Challenge	Hatfield	Tring	2
1:00.70	487	F	17/03/12	Hertfordshire County Championships	Borehamwood	Tring	2
1:01.95	458	F	07/05/11	Stevenage SC May Open Meet	Stevenage	Tring	3
1:00.73	486		28/11/10	Hitchin Open Meet	Hitchin	Tring	3
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59.67	513	H	14/11/09	BUCS Championship (25m)	Sheffield	Tring	2
1:00.22	499	C	08/11/09	East Region Winter Champs	Norwich	Tring	2
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1:01.69	464		18/10/09	Southampton James Moreno	Southampton	Tring	2
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58.99	531	F	21/02/09	Sussex County Champs	Crawley	Tring	2
1:00.20	499	H	21/02/09	Sussex County Champs	Crawley	Tring	2
58.79	536	H	10/01/09	Tom Handley Memorial Open	Brighton	Tring	2
59.73	511		21/11/08	Crawley Club Champs	Crawley	Tring	4
1:00.13	501		15/11/08	Haslemere Open Meet	Haslemere	Tring	1
1:00.27	498		24/05/08	Guildford City Last Chance	Guildford	Tring	2
1:00.02	504		17/05/08	Hatfield UK Challenge	Hatfield	Tring	1
59.88	508		17/05/08	Hatfield UK Challenge	Hatfield	Tring	1
1:00.20	499	H	12/04/08	Bexley Short Course Open	Bexleyheath	Tring	2
59.65	513		29/03/08	Sussex Schools Champs	Brighton	Tring	2
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1:02.05	456	F	23/02/08	Sussex County Champs	Crawley	Tring	2
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1:00.15	501	H	12/01/08	Tom Handley Brighton Open	Brighton	Tring	2
1:00.41	494	F	05/01/08	Icebreaker	Canterbury	Tring	1
1:00.88	483	H	05/01/08	Icebreaker	Canterbury	Tring	1
1:02.18	453	H	14/07/07	Fareham Nomads Summer Mt L3)	Southampton	Tring	2
1:02.94	437		19/05/07	Hatfield UK Challenge	Hatfield	Tring	1
1:01.11	477	H	13/01/07	Brighton Tom Handley Open	Brighton	Tring	2
1:00.66	488	H	02/12/06	Guildford Winter Open	Guildford	Tring	1
1:00.59	490	H	19/11/06	Haslemere Open Meet	Haslemere	Tring	1
1:00.85	484		05/11/06	South East Region Champs	Waterlooville	Tring	1
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1:01.97	458	H	27/05/06	Guildford Spring Open	Guildford	Tring	1
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1:02.48	447		13/04/06	Portsmouth Northsea Open	Portsmouth	Tring	1
1:02.38	449		13/04/06	Portsmouth Northsea Open	Portsmouth	Tring	1
1:02.97	436	H	26/03/06	Sussex Schools Champs	Brighton	Tring	2
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1:07.73	351	H	12/03/05	Sussex County Championships	Crawley	Tring	2
1:08.44	340	H	08/01/05	Tom Handley 23rd AG Open Meet	Brighton	Tring	2

1:08.44	340	H	06/07/03	Tom Handley 200m AG Open Meet	Brighton	Tring	2
1:09.77	321	H	18/07/04	Fareham Nomads Summer A Meet	Portsmouth	Tring	2
1:11.44	299	H	04/07/04	Haslemere Summer Open Meet	Haslemere	Tring	2
1:11.06	303	H	21/03/04	Sussex Schools Championships	Brighton	Tring	2
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1:21.21	203	H	11/01/03	Brighton Age Group Open Meet	Prince Regent	Tring	2
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