

# Individual Best Times (All Time)

Justin Langford - (18118) - Staines Swimming Club - 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
28.57	463	F	01/02/14	Hatfield Valentines Meet	Hertfordshire	Tring	3
28.63	460	F	28/06/14	WSC Terry Davies Alternative Nationals	Watford	Tring	3
28.78	453	F	16/11/14	City of MK Annual 502400's Meet	Milton Keynes	Hemel Hemp	3
29.20	434	F	28/09/13	Tring SC Level 3 Sprint Open Meet	Aylesbury	Tring	3
29.44	423	F	01/02/15	Hertsmere Flyers Last Chance No Frills Qualifier	Hendon	Hemel Hemp	3
29.48	421	F	16/10/16	Cranleigh Autumn Open Meet	Cranleigh	Cranleigh	3
29.51	420		28/11/09	Hatfield Winter Wonderland	Hatfield	Tring	3
29.64	415		19/11/11	Borough of Harrow Winter Open Meet	Barnet	Tring	2
29.90	404	F	20/04/13	City of Milton Keynes SC Spring Open	Bletchley	Tring	2
30.07	397	F	23/09/12	Romford Town David Jacob Gala	Romford	Tring	3
30.08	397	H	14/07/19	BOBSC 12th Annual Summer Sizzler	Leeds	Co Wakefield	3
30.11	395	H	15/12/07	Beckenham Rising Stars	Bexleyheath	Tring	3
30.52	380	H	15/07/07	Fareham Nomads Summer Mt L3)	Southampton	Tring	2
30.63	376	H	21/09/19	Satellites Sprint With The Stars 2019	Macclesfield	Co Wakefield	3
30.76	371	H	18/11/06	Haslemere Open Meet	Haslemere	Tring	1
30.88	367		10/02/13	City of Southampton Open Meet	Southampton	Tring	2
30.89	366		05/07/09	Godalming Summer B Grade	Cranleigh	Tring	4
32.04	328	H	19/11/05	Haslemere Open Meet	Haslemere	Tring	1
32.06	328	H	11/03/06	Sussex County Champs	Crawley	Tring	2
32.64	310	H	03/12/05	Guildford Open Meet	Guildford	Tring	1
32.70	309	H	28/05/05	Guildford Open Meet 2005	Guildford	Tring	2
33.67	283	H	17/07/04	Fareham Nomads Summer A Meet	Portsmouth	Tring	2
41.64	149	H	20/01/02	Portsmouth Northsea Junior Mt	Portsmouth	Tring	2
42.40	141	H	05/01/02	Brighton 18th AG Open Meet	Prince Regent	Tring	2
42.85	137		02/12/01	Sussex County Championships	Brighton	Tring	2
44.02	126	H	06/01/01	Tom Handley Memorial Brighton	Prince Regent	Tring	2
44.65	121		10/11/00	Sussex County Champs 50m Meet	Crawley	Tring	2

44.65	121		19/11/00	Sussex County Champ 50m meet	Crawley	Tring	
51.80	77	H	08/01/00	Birghton Designated Meet	Prince Regent SC	Tring	2

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44.65	121		19/11/00	Sussex County Champ 50m Meet	Crawley	Tring	2
51.80	77	H	08/01/00	Birghton Designated Meet	Prince Regent SC	Tring	2