

Individual Best Times (All Time)

Daniel Stepton - (40784) - Enfield Swim Squad - 100 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 |
|-------|--------|-------|----------|----------------------------------------------------|---------------|-----------------|-------|
| 50.31 | 708 | F | 16/03/14 | Essex County Championships | Basildon | Lboro Uni | 2 |
| 50.53 | 698 | F | 01/10/16 | Cambridge Grand Prix Regional & National Qualifier | Cambridge | Bark & Dagen | 2 |
| 50.57 | 697 | F | 12/12/15 | National Arena League-London Div1&2 Rounds123 | Dagenham | | 3 |
| 50.86 | 685 | H | 08/12/13 | BUCS Short Course 2013 | Sheffield | Lboro Uni | 2 |
| 51.09 | 676 | H | 21/12/14 | British Gas Swim Wales Open Winter Championships | Swansea | Lboro Uni | 1 |
| 51.22 | 670 | F | 08/11/15 | ASA London Region Winter Short Course Championship | London | | 2 |
| 51.34 | 666 | F | 12/11/16 | NASL London | Dagenham | | 3 |
| 51.54 | 658 | F | 01/04/12 | Essex County Championships | Basildon | Lboro Uni | 2 |
| 51.67 | 653 | F | 14/11/15 | National Arena League-London Div1&2 Rounds123 | Dagenham | | 3 |
| 51.69 | 652 | F | 24/03/13 | Essex County Age Group Championships | Basildon | Lboro Uni | 2 |
| 52.05 | 639 | F | 09/11/13 | The National Arena Swimming League London | Hatfield | Lboro Uni | 2 |
| 52.08 | 638 | F | 13/12/14 | NASL London Rounds Premier Division | Basildon | Romford Town | 2 |
| 52.16 | 635 | H | 29/11/14 | Essex Senior Junior Championships | Basildon | Romford Town | 2 |
| 52.31 | 629 | F | 10/10/15 | National Arena League-London Div1&2 Rounds123 | Luton | | 3 |
| 52.36 | 628 | F | 12/10/13 | The National Arena Swimming League London | Hertfordshire | Lboro Uni | 2 |
| 52.74 | 614 | H | 01/10/16 | Cambridge Grand Prix Regional & National Qualifier | Cambridge | Bark & Dagen | 2 |
| 52.78 | 613 | H | 08/11/15 | ASA London Region Winter Short Course Championship | London | | 2 |
| 52.80 | 612 | F | 28/03/10 | Essex County Champs | Grays | Lboro Uni | 2 |
| 52.91 | 608 | F | 11/10/14 | National Arena League London Premier | Harlow | Romford Town | 2 |
| 52.91 | 608 | F | 08/11/14 | NASL London Premier Division | Harlow | Romford Town | 2 |
| 53.11 | 601 | F | 30/10/16 | Essex Senior Winter Championships 2016 | Basildon | Bark & Dagen | 2 |
| 53.22 | 598 | H | 30/10/16 | Essex Senior Winter Championships 2016 | Basildon | Bark & Dagen | 2 |
| 53.23 | 597 | F | 07/11/09 | London Region Winter Chmp | Barnet | Lboro Uni | 2 |
| 53.32 | 594 | F | 25/10/15 | Essex Senior Short Course Championships 2015 | Basildon | | 2 |
| 53.35 | 593 | H | 21/10/07 | ASA Inter-Counties Div 1 | Sheffield | Lboro Uni | 1 |
| 53.56 | 586 | F | 29/11/08 | Essex ASA Senior & Junior | Braintree | Lboro Uni | 2 |
| 53.63 | 584 | F | 07/03/11 | Essex County Championships | Braintree | Lboro Uni | 2 |

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|---------|-----|---|----------|----------------------------------------------|----------------------|--------------|---|
| 53.62 | 504 | F | 27/03/11 | Essex County Championships | Braintree | Lboro Uni | 2 |
| 53.64 | 584 | H | 16/03/14 | Essex County Championships | Basildon | Lboro Uni | 2 |
| 53.65 | 583 | H | 01/04/12 | Essex County Championships | Basildon | Lboro Uni | 2 |
| 53.69 | 582 | H | 08/03/08 | Essex County Champs | Grays | Lboro Uni | 2 |
| 53.70 | 582 | H | 07/11/09 | London Region Winter Chmp | Barnet | Lboro Uni | 2 |
| 53.75 | 580 | F | 08/03/08 | Essex County Champs | Grays | Lboro Uni | 2 |
| 53.75 | 580 | H | 24/03/13 | Essex County Age Group Championships | Basildon | Lboro Uni | 2 |
| 53.93 | 574 | F | 29/03/09 | Essex County Champs | Grays | Lboro Uni | 2 |
| 54.01 | 572 | H | 29/03/09 | Essex County Champs | Grays | Lboro Uni | 2 |
| 54.27 | 564 | H | 29/11/08 | Essex ASA Senior & Junior | Braintree | Lboro Uni | 2 |
| 54.37 | 560 | H | 03/11/07 | London Region Champs | Barnet | Lboro Uni | 1 |
| 54.43 | 559 | H | 06/12/14 | Midland Short Course Championships | Rugby | Loughborough | 2 |
| 54.48 | 557 | F | 27/11/10 | Essex ASA County Champs | Braintree | Lboro Uni | 2 |
| 54.51 | 556 | F | 03/11/07 | London Region Champs | Barnet | Lboro Uni | 1 |
| 54.59 | 554 | F | 21/11/09 | Essex Championships 2009 | Braintree | Lboro Uni | 2 |
| 54.64 | 552 | F | 01/11/08 | London Region Champs | Bexleyheath | Lboro Uni | 1 |
| 54.72 | 550 | H | 28/03/10 | Essex County Champs | Grays | Lboro Uni | 2 |
| 54.83 | 546 | H | 27/03/11 | Essex County Championships | Braintree | Lboro Uni | 2 |
| 54.86 | 546 | F | 24/11/07 | Essex County ASA Champs | Grays | Lboro Uni | 2 |
| 54.93 | 543 | H | 24/11/07 | Essex County ASA Champs | Grays | Lboro Uni | 2 |
| 54.95 | 543 | H | 25/10/15 | Essex Senior Short Course Championships 2015 | Basildon | Lboro Uni | 2 |
| 55.15 | 537 | H | 06/11/10 | London Region Winter Meet | London | Lboro Uni | 2 |
| 55.18 | 536 | H | 21/11/09 | Essex Championships 2009 | Braintree | Lboro Uni | 2 |
| 55.22 | 535 | F | 18/02/07 | Essex County Age Groups | Waltham Forest | Lboro Uni | 2 |
| 55.48 | 527 | H | 01/11/08 | London Region Champs | Bexleyheath | Lboro Uni | 1 |
| 55.95 | 514 | H | 27/11/10 | Essex ASA County Champs | Braintree | Lboro Uni | 2 |
| 56.30 | 505 | H | 18/02/07 | Essex County Age Groups | Waltham Forest | Lboro Uni | 2 |
| 57.00 | 486 | H | 04/03/06 | Essex County Champs | Fullwell Cross | Lboro Uni | 2 |
| 57.52 | 473 | F | 04/03/06 | Essex County Champs | Fullwell Cross | Lboro Uni | 2 |
| 57.55 | 472 | H | 16/10/05 | National Counties Team Mt | Sheffield | Lboro Uni | 1 |
| 1:01.87 | 380 | H | 26/02/05 | Essex County Champs 2005 | Grays | Lboro Uni | 2 |
| 1:03.88 | 345 | | 18/12/04 | UK Challenge Christmas Sprints | Herts Sports Village | Lboro Uni | 2 |
| 1:04.79 | 331 | H | 28/03/04 | Essex County Championships | Various | Lboro Uni | 2 |
| 1:05.00 | 328 | | 10/04/04 | Barnet Cophthall Get Qualified | Barnet | Lboro Uni | 2 |
| 1:07.40 | 294 | H | 22/11/03 | Ealing Winter Open Meet | Gurnell | Lboro Uni | 2 |
| 1:07.86 | 288 | F | 22/11/03 | Ealing Winter Open Meet | Gurnell | Lboro Uni | 2 |
| 1:13.63 | 225 | H | 16/03/03 | Essex County Champs Block C | Fullwell Cross | Lboro Uni | 2 |

Swims in Date Order

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|-------|--------|-------|----------|----------------------------------------------------|-----------|-----------------|-------|
| 51.34 | 666 | F | 12/11/16 | NASL London | Dagenham | | 3 |
| 53.11 | 601 | F | 30/10/16 | Essex Senior Winter Championships 2016 | Basildon | Bark & Dagen | 2 |
| 53.22 | 598 | H | 30/10/16 | Essex Senior Winter Championships 2016 | Basildon | Bark & Dagen | 2 |
| 50.53 | 698 | F | 01/10/16 | Cambridge Grand Prix Regional & National Qualifier | Cambridge | Bark & Dagen | 2 |
| 52.74 | 614 | H | 01/10/16 | Cambridge Grand Prix Regional & National Qualifier | Cambridge | Bark & Dagen | 2 |
| 50.57 | 697 | F | 12/12/15 | National Arena League-London Div1&2 Rounds123 | Dagenham | | 3 |
| 51.67 | 653 | F | 14/11/15 | National Arena League-London Div1&2 Rounds123 | Dagenham | | 3 |
| 51.22 | 670 | F | 08/11/15 | ASA London Region Winter Short Course Championship | London | | 2 |
| 52.78 | 613 | H | 08/11/15 | ASA London Region Winter Short Course Championship | London | | 2 |
| 53.32 | 594 | F | 25/10/15 | Essex Senior Short Course Championships 2015 | Basildon | | 2 |
| 54.95 | 543 | H | 25/10/15 | Essex Senior Short Course Championships 2015 | Basildon | | 2 |
| 52.31 | 629 | F | 10/10/15 | National Arena League-London Div1&2 Rounds123 | Luton | | 3 |
| 51.09 | 676 | H | 21/12/14 | British Gas Swim Wales Open Winter Championships | Swansea | Lboro Uni | 1 |

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| 52.08 | 638 | F | 13/12/14 | NASL London Rounds Premier Division | Basildon | Romford Town | 2 |
| 54.43 | 559 | H | 06/12/14 | Midland Short Course Championships | Rugby | Loughborough | 2 |
| 52.16 | 635 | H | 29/11/14 | Essex Senior Junior Championships | Basildon | Romford Town | 2 |
| 52.91 | 608 | F | 08/11/14 | NASL London Premier Division | Harlow | Romford Town | 2 |
| 52.91 | 608 | F | 11/10/14 | National Arena League London Premier | Harlow | Romford Town | 2 |
| 50.31 | 708 | F | 16/03/14 | Essex County Championships | Basildon | Lboro Uni | 2 |
| 53.64 | 584 | H | 16/03/14 | Essex County Championships | Basildon | Lboro Uni | 2 |
| 50.86 | 685 | H | 08/12/13 | BUCS Short Course 2013 | Sheffield | Lboro Uni | 2 |
| 52.05 | 639 | F | 09/11/13 | The National Arena Swimming League London | Hatfield | Lboro Uni | 2 |
| 52.36 | 628 | F | 12/10/13 | The National Arena Swimming League London | Hertfordshire | Lboro Uni | 2 |
| 51.69 | 652 | F | 24/03/13 | Essex County Age Group Championships | Basildon | Lboro Uni | 2 |
| 53.75 | 580 | H | 24/03/13 | Essex County Age Group Championships | Basildon | Lboro Uni | 2 |
| 51.54 | 658 | F | 01/04/12 | Essex County Championships | Basildon | Lboro Uni | 2 |
| 53.65 | 583 | H | 01/04/12 | Essex County Championships | Basildon | Lboro Uni | 2 |
| 53.62 | 584 | F | 27/03/11 | Essex County Championships | Braintree | Lboro Uni | 2 |
| 54.83 | 546 | H | 27/03/11 | Essex County Championships | Braintree | Lboro Uni | 2 |
| 54.48 | 557 | F | 27/11/10 | Essex ASA County Champs | Braintree | Lboro Uni | 2 |
| 55.95 | 514 | H | 27/11/10 | Essex ASA County Champs | Braintree | Lboro Uni | 2 |
| 55.15 | 537 | H | 06/11/10 | London Region Winter Meet | London | Lboro Uni | 2 |
| 52.80 | 612 | F | 28/03/10 | Essex County Champs | Grays | Lboro Uni | 2 |
| 54.72 | 550 | H | 28/03/10 | Essex County Champs | Grays | Lboro Uni | 2 |
| 54.59 | 554 | F | 21/11/09 | Essex Championships 2009 | Braintree | Lboro Uni | 2 |
| 55.18 | 536 | H | 21/11/09 | Essex Championships 2009 | Braintree | Lboro Uni | 2 |
| 53.23 | 597 | F | 07/11/09 | London Region Winter Chmp | Barnet | Lboro Uni | 2 |
| 53.70 | 582 | H | 07/11/09 | London Region Winter Chmp | Barnet | Lboro Uni | 2 |
| 53.93 | 574 | F | 29/03/09 | Essex County Champs | Grays | Lboro Uni | 2 |
| 54.01 | 572 | H | 29/03/09 | Essex County Champs | Grays | Lboro Uni | 2 |
| 53.56 | 586 | F | 29/11/08 | Essex ASA Senior & Junior | Braintree | Lboro Uni | 2 |
| 54.27 | 564 | H | 29/11/08 | Essex ASA Senior & Junior | Braintree | Lboro Uni | 2 |
| 54.64 | 552 | F | 01/11/08 | London Region Champs | Bexleyheath | Lboro Uni | 1 |
| 55.48 | 527 | H | 01/11/08 | London Region Champs | Bexleyheath | Lboro Uni | 1 |
| 53.75 | 580 | F | 08/03/08 | Essex County Champs | Grays | Lboro Uni | 2 |
| 53.69 | 582 | H | 08/03/08 | Essex County Champs | Grays | Lboro Uni | 2 |
| 54.86 | 546 | F | 24/11/07 | Essex County ASA Champs | Grays | Lboro Uni | 2 |
| 54.93 | 543 | H | 24/11/07 | Essex County ASA Champs | Grays | Lboro Uni | 2 |
| 54.51 | 556 | F | 03/11/07 | London Region Champs | Barnet | Lboro Uni | 1 |
| 54.37 | 560 | H | 03/11/07 | London Region Champs | Barnet | Lboro Uni | 1 |
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| 57.52 | 473 | F | 04/03/06 | Essex County Champs | Fullwell Cross | Lboro Uni | 2 |
| 57.00 | 486 | H | 04/03/06 | Essex County Champs | Fullwell Cross | Lboro Uni | 2 |
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| 1:07.40 | 294 | H | 22/11/03 | Ealing Winter Open Meet | Gurnell | Lboro Uni | 2 |
| 1:13.63 | 225 | H | 16/03/03 | Essex County Champs Block C | Fullwell Cross | Lboro Uni | 2 |