

Individual Best Times (All Time)

Jack Shillinglaw - (505896) - Loughborough University Swimming - 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 |
|-------|--------|-------|----------|--|---------------|-----------------|-------|
| 26.58 | 575 | F | 14/01/18 | Shropshire County Championships 2018 | Wolverhampton | Ellesmere Co | 2 |
| 26.75 | 564 | H | 14/01/18 | Shropshire County Championships 2018 | Wolverhampton | Ellesmere Co | 2 |
| 26.83 | 559 | F | 10/07/16 | Wirral Metro Summer Meet 2016 (L3) | Birkenhead | Wirral Metro | 3 |
| 27.12 | 541 | H | 05/11/16 | Midland Short Course Championships 2016 | Nottingham | Ellesmere Co | 2 |
| 27.15 | 540 | F | 15/09/15 | Wirral Metro Club Championships 2015 | Birkenhead | Wirral Metro | 4 |
| 27.21 | 536 | F | 19/12/15 | Wirral Metro Christmas Level 3 Gala 2015 | Birkenhead | Wirral Metro | 3 |
| 27.32 | 530 | F | 05/11/16 | Midland Short Course Championships 2016 | Nottingham | Ellesmere Co | 2 |
| 27.34 | 528 | H | 21/11/15 | Stockport Metro November Meet 2015 | Stockport | Wirral Metro | 2 |
| 27.38 | 526 | H | 24/10/15 | Manchester International Meet 2015 | Manchester | Wirral Metro | 2 |
| 27.43 | 523 | H | 23/01/16 | Cheshire County Championships 2016 | Macclesfield | Wirral Metro | 2 |
| 27.43 | 523 | H | 23/01/16 | Cheshire County Championships 2016 | Macclesfield | Wirral Metro | 2 |
| 27.43 | 523 | H | 23/01/16 | Cheshire County Championships 2016 | Macclesfield | Wirral Metro | 2 |
| 27.45 | 522 | F | 08/11/15 | ASA North West Region Winter Championships | Liverpool | Wirral Metro | 2 |
| 27.52 | 518 | H | 19/11/16 | Stockport Metro November Open Meet | Stockport | Ellesmere Co | 2 |
| 27.72 | 507 | | 18/10/15 | ASA National County Teams Division 1 | Sheffield | Wirral Metro | 2 |
| 27.91 | 497 | H | 19/10/14 | BG ASA National County Team Division 1 | Sheffield | | 2 |
| 27.91 | 497 | F | 23/01/16 | Cheshire County Championships 2016 | Macclesfield | Wirral Metro | 2 |
| 27.91 | 497 | F | 23/01/16 | Cheshire County Championships 2016 | Macclesfield | Wirral Metro | 2 |
| 27.91 | 497 | F | 23/01/16 | Cheshire County Championships 2016 | Macclesfield | Wirral Metro | 2 |
| 27.97 | 493 | H | 08/11/15 | ASA North West Region Winter Championships | Liverpool | Wirral Metro | 2 |
| 28.11 | 486 | F | 05/10/14 | Wirral Metro Level 2 Autumn Meet | Birkenhead | Wirral Metro | 2 |
| 28.33 | 475 | H | 24/01/15 | Cheshire County Championships 2015 | Macclesfield | Wirral Metro | 2 |
| 28.86 | 449 | H | 15/03/14 | Cheshire County Championships | Macclesfield | Garston | 2 |
| 29.01 | 442 | F | 16/09/14 | Wirral Metro 2014 Club Championships | Birkenhead | Wirral Metro | 4 |
| 29.26 | 431 | F | 17/09/13 | Wirral Metro Club Championships 2013 | Birkenhead | Garston | 4 |
| 30.98 | 363 | H | 02/03/13 | Cheshire County Championships | Macclesfield | Garston | 2 |
| 31.05 | 354 | F | 23/09/13 | Wirral Metro SC Club Championships 2013 | Birkenhead | Garston | 4 |

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|-------|-----|---|----------|---|--------------|---------|---|
| 31.23 | 334 | F | 23/09/12 | Wirral Metro SC Club Championships 2012 | Birkenhead | Garston | 4 |
| 32.88 | 304 | H | 03/03/12 | Cheshire County Championships | Macclesfield | Garston | 2 |
| 34.32 | 267 | F | 10/07/11 | Wirral Metro Summer Open Meet | Birkenhead | Garston | 3 |
| 35.24 | 246 | F | 30/04/11 | Wrexham Spring Meet | Wrexham | Garston | 2 |
| 38.54 | 188 | F | 21/11/10 | Penninsular Champs | Birkenhead | Garston | 4 |
| 39.50 | 175 | F | 11/07/10 | Wirral Metro Open Meet | Birkenhead | Garston | 3 |
| 43.50 | 131 | F | 19/12/09 | Wirral Metro Xmas Meet | Birkenhead | Garston | 4 |

Swims in Date Order

| Time | WA Pts | Round | Date | Meet | Venue | Club Swam Under | Level |
|-------|--------|-------|----------|--|---------------|-----------------|-------|
| 26.58 | 575 | F | 14/01/18 | Shropshire County Championships 2018 | Wolverhampton | Ellesmere Co | 2 |
| 26.75 | 564 | H | 14/01/18 | Shropshire County Championships 2018 | Wolverhampton | Ellesmere Co | 2 |
| 27.52 | 518 | H | 19/11/16 | Stockport Metro November Open Meet | Stockport | Ellesmere Co | 2 |
| 27.32 | 530 | F | 05/11/16 | Midland Short Course Championships 2016 | Nottingham | Ellesmere Co | 2 |
| 27.12 | 541 | H | 05/11/16 | Midland Short Course Championships 2016 | Nottingham | Ellesmere Co | 2 |
| 26.83 | 559 | F | 10/07/16 | Wirral Metro Summer Meet 2016 (L3) | Birkenhead | Wirral Metro | 3 |
| 27.91 | 497 | F | 23/01/16 | Cheshire County Championships 2016 | Macclesfield | Wirral Metro | 2 |
| 27.91 | 497 | F | 23/01/16 | Cheshire County Championships 2016 | Macclesfield | Wirral Metro | 2 |
| 27.91 | 497 | F | 23/01/16 | Cheshire County Championships 2016 | Macclesfield | Wirral Metro | 2 |
| 27.43 | 523 | H | 23/01/16 | Cheshire County Championships 2016 | Macclesfield | Wirral Metro | 2 |
| 27.43 | 523 | H | 23/01/16 | Cheshire County Championships 2016 | Macclesfield | Wirral Metro | 2 |
| 27.43 | 523 | H | 23/01/16 | Cheshire County Championships 2016 | Macclesfield | Wirral Metro | 2 |
| 27.21 | 536 | F | 19/12/15 | Wirral Metro Christmas Level 3 Gala 2015 | Birkenhead | Wirral Metro | 3 |
| 27.34 | 528 | H | 21/11/15 | Stockport Metro November Meet 2015 | Stockport | Wirral Metro | 2 |
| 27.45 | 522 | F | 08/11/15 | ASA North West Region Winter Championships | Liverpool | Wirral Metro | 2 |
| 27.97 | 493 | H | 08/11/15 | ASA North West Region Winter Championships | Liverpool | Wirral Metro | 2 |
| 27.38 | 526 | H | 24/10/15 | Manchester International Meet 2015 | Manchester | Wirral Metro | 2 |
| 27.72 | 507 | | 18/10/15 | ASA National County Teams Division 1 | Sheffield | Wirral Metro | 2 |
| 27.15 | 540 | F | 15/09/15 | Wirral Metro Club Championships 2015 | Birkenhead | Wirral Metro | 4 |
| 28.33 | 475 | H | 24/01/15 | Cheshire County Championships 2015 | Macclesfield | Wirral Metro | 2 |
| 27.91 | 497 | H | 19/10/14 | BG ASA National County Team Division 1 | Sheffield | | 2 |
| 28.11 | 486 | F | 05/10/14 | Wirral Metro Level 2 Autumn Meet | Birkenhead | Wirral Metro | 2 |
| 29.01 | 442 | F | 16/09/14 | Wirral Metro 2014 Club Championships | Birkenhead | Wirral Metro | 4 |
| 28.86 | 449 | H | 15/03/14 | Cheshire County Championships | Macclesfield | Garston | 2 |
| 29.26 | 431 | F | 17/09/13 | Wirral Metro Club Championships 2013 | Birkenhead | Garston | 4 |
| 30.98 | 363 | H | 02/03/13 | Cheshire County Championships | Macclesfield | Garston | 2 |
| 31.25 | 354 | F | 23/09/12 | Wirral Metro SC Club Championships 2012 | Birkenhead | Garston | 4 |
| 32.88 | 304 | H | 03/03/12 | Cheshire County Championships | Macclesfield | Garston | 2 |
| 34.32 | 267 | F | 10/07/11 | Wirral Metro Summer Open Meet | Birkenhead | Garston | 3 |
| 35.24 | 246 | F | 30/04/11 | Wrexham Spring Meet | Wrexham | Garston | 2 |
| 38.54 | 188 | F | 21/11/10 | Penninsular Champs | Birkenhead | Garston | 4 |
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| 43.50 | 131 | F | 19/12/09 | Wirral Metro Xmas Meet | Birkenhead | Garston | 4 |