

# Individual Best Times (All Time)

Matthew Rishworth - (556418) - Staines Swimming Club - 50 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
30.30	294	F	26/02/17	Black Swan B-C Grade Meet 2017	Walton on Thames	Staines	3
30.66	284	H	06/11/16	ASA South East Region Winter Championships 2016	Portsmouth	Staines	2
30.89	277	F	24/09/16	South East Region Para Swimming Competition	High Wycombe	Staines	3
31.71	256	H	13/03/16	ASA SWR SER Para Competition	Bristol	Staines	3
34.42	200	F	01/02/14	Hatfield Valentines Meet	Hertfordshire	Staines	3
34.70	196	H	02/03/14	DSE National Junior & Youth Championships	Sheffield	Staines	2
35.21	187	F	19/10/14	Staines SC Black Swan Winter Meet	Elmbridge		3
35.33	185	H	24/11/13	DSE National Short Course Meet	Sheffield	Staines	2
35.36	185	F	21/09/13	Staines SC Club Championships	Staines	Staines	4
35.71	179	F	20/10/13	Staines SC Black Swan Winter Meet 2013	Elmbridge	Staines	3
35.97	176	F	08/02/14	DSE South East Regional	Southampton	Staines	3
36.27	171	F	13/01/13	Staines SC Black Swan County Qualifier	Staines	Staines	3
37.32	157	F	19/05/13	Woking SC B C Grade Octopus Open Meet	Woking	Staines	3
37.36	157	F	25/11/12	Staines Black Swan Winter Meet	Staines	Staines	3
37.50	155	F	13/07/13	Staines Black Swan Summer Meet	Elmbridge	Staines	3
37.88	150	F	22/09/12	Staines Club Championship	Spelthorne	Staines	4
37.88	150	F	22/09/12	Staines Club Championships	Staines		4
39.36	134	F	17/04/12	Middlesex County ASA Spring Development	Enfield	Staines	4
40.90	119		08/01/12	Black Swan County Qualifier	Staines	Staines	3
40.99	118		11/02/12	Harrow & Wealdstone John Basford Open Meet	Barnet	Staines	4
41.43	115	F	14/07/12	Staines SC Black Swan Summer Meet	Walton on Thames	Staines	3
42.43	107	F	21/01/12	Hants and South Coast Invitational	Woking	Staines	4
43.64	98		27/11/11	Staines Black Swan November Non NQT Meet	Walton on Thames	Staines	3
44.10	95		17/07/11	Staines Black Swan Summer Meet	Elmbridge	Staines	3
45.83	85		17/09/11	Staines SC Club Championships	Staines	Staines	4
46.27	82	F	03/04/11	Middlesex County Spring Development Meet	Enfield	Staines	4
47.05	74		10/02/11	The Borough of Harrow John Basford Open Me	Barnet	Staines	4

47.99	74		12/02/11	The Borough of Harrow John Basford Open Me	Barnet	Staines	
48.50	71		08/01/11	Staines SC Black Swan Open Meet	Walton-on-Thames	Staines	3
49.27	68		18/09/10	Staines Club Champs	Staines	Staines	4

## Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
30.30	294	F	26/02/17	Black Swan B-C Grade Meet 2017	Walton on Thames	Staines	3
30.66	284	H	06/11/16	ASA South East Region Winter Championships 2016	Portsmouth	Staines	2
30.89	277	F	24/09/16	South East Region Para Swimming Competition	High Wycombe	Staines	3
31.71	256	H	13/03/16	ASA SWR SER Para Competition	Bristol	Staines	3
35.21	187	F	19/10/14	Staines SC Black Swan Winter Meet	Elmbridge		3
34.70	196	H	02/03/14	DSE National Junior & Youth Championships	Sheffield	Staines	2
35.97	176	F	08/02/14	DSE South East Regional	Southampton	Staines	3
34.42	200	F	01/02/14	Hatfield Valentines Meet	Hertfordshire	Staines	3
35.33	185	H	24/11/13	DSE National Short Course Meet	Sheffield	Staines	2
35.71	179	F	20/10/13	Staines SC Black Swan Winter Meet 2013	Elmbridge	Staines	3
35.36	185	F	21/09/13	Staines SC Club Championships	Staines	Staines	4
37.50	155	F	13/07/13	Staines Black Swan Summer Meet	Elmbridge	Staines	3
37.32	157	F	19/05/13	Woking SC B C Grade Octopus Open Meet	Woking	Staines	3
36.27	171	F	13/01/13	Staines SC Black Swan County Qualifier	Staines	Staines	3
37.36	157	F	25/11/12	Staines Black Swan Winter Meet	Staines	Staines	3
37.88	150	F	22/09/12	Staines Club Championship	Spelthorne	Staines	4
37.88	150	F	22/09/12	Staines Club Championships	Staines		4
41.43	115	F	14/07/12	Staines SC Black Swan Summer Meet	Walton on Thames	Staines	3
39.36	134	F	17/04/12	Middlesex County ASA Spring Development	Enfield	Staines	4
40.99	118		11/02/12	Harrow & Wealdstone John Basford Open Meet	Barnet	Staines	4
42.43	107	F	21/01/12	Hants and South Coast Invitational	Woking	Staines	4
40.90	119		08/01/12	Black Swan County Qualifier	Staines	Staines	3
43.64	98		27/11/11	Staines Black Swan November Non NQT Meet	Walton on Thames	Staines	3
45.83	85		17/09/11	Staines SC Club Championships	Staines	Staines	4
44.10	95		17/07/11	Staines Black Swan Summer Meet	Elmbridge	Staines	3
46.27	82	F	03/04/11	Middlesex County Spring Development Meet	Enfield	Staines	4
47.95	74		12/02/11	The Borough of Harrow John Basford Open Me	Barnet	Staines	4
48.50	71		08/01/11	Staines SC Black Swan Open Meet	Walton-on-Thames	Staines	3
49.27	68		18/09/10	Staines Club Champs	Staines	Staines	4