

Individual Best Times (All Time)

Matthew Rishworth - (556418) - 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
41.72	148	F	01/11/14	Elmbridge Phoenix Gala	Walton on Thames		3
43.03	135	F	13/07/13	Staines Black Swan Summer Meet	Elmbridge	Staines	3
43.32	132	F	21/09/13	Staines SC Club Championships	Staines	Staines	4
44.28	124	F	19/05/13	Woking SC B C Grade Octopus Open Meet	Woking	Staines	3
47.41	101	F	14/07/12	Staines SC Black Swan Summer Meet	Walton on Thames	Staines	3
49.40	89	F	22/09/12	Staines Club Championship	Spelthorne	Staines	4
49.40	89	F	22/09/12	Staines Club Championships	Staines		4
49.81	87		11/02/12	Harrow & Wealdstone John Basford Open Meet	Barnet	Staines	4
50.37	84	F	15/04/12	Middlesex County ASA Spring Development	Enfield	Staines	4
52.35	75	F	21/01/12	Hants and South Coast Invitational	Woking	Staines	4
55.41	63		17/09/11	Staines SC Club Championships	Staines	Staines	4
56.38	60		08/01/11	Staines SC Black Swan Open Meet	Walton-on-Thames	Staines	3
57.27	57	F	03/04/11	Middlesex County Spring Development Meet	Enfield	Staines	4
1:03.27	42		18/09/10	Staines Club Champs	Staines	Staines	4

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