

Individual Best Times (All Time)

Matthew Rishworth - (556418) - Staines Swimming Club - 200 Individual Medley - 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
2:36.34	344	H	24/06/17	National Junior Para-Swimming 2017	Sunderland	Staines	2
2:37.46	337	H	06/11/16	ASA South East Region Winter Championships 2016	Portsmouth	Staines	2
2:39.05	327	F	25/02/17	Black Swan B-C Grade Meet 2017	Walton on Thames	Staines	3
2:56.49	239	F	20/01/15	Middlesex County Championships 2015	Hendon	Staines	2
2:56.73	238	F	19/10/14	Staines SC Black Swan Winter Meet	Elmbridge		3
2:57.66	234	H	22/11/14	BG Para-Swimming Championships	Manchester	S E Region	2
2:59.08	229	F	12/07/14	Staines SC Black Swan Summer Meet	Staines		3
3:06.05	204	H	01/03/14	DSE National Junior & Youth Championships	Sheffield	Staines	2
3:07.74	199	F	01/02/14	Hatfield Valentines Meet	Hertfordshire	Staines	3
3:13.53	181	F	24/09/13	Staines Club Championships	Elmbridge	Staines	4
3:15.02	177	F	28/04/13	Guildford City SC Regional Qualifier Meet	Guildford	Staines	3
3:15.24	177	F	13/07/13	Staines Black Swan Summer Meet	Elmbridge	Staines	3
3:19.94	164	F	13/01/13	Staines SC Black Swan County Qualifier	Staines	Staines	3
3:28.28	145	F	25/09/12	Staines Club Championship	Spelthorne	Staines	4
3:36.09	130	F	14/07/12	Staines SC Black Swan Summer Meet	Walton on Thames	Staines	3
3:40.21	123	F	17/04/12	Middlesex County ASA Spring Development	Enfield	Staines	4
4:07.10	87		16/10/11	Staines SC Club Championships	Staines	Staines	4
4:36.20	62		20/11/10	Staines Club Champs	Staines	Staines	4

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