

# Individual Best Times (All Time)

Matthew Rishworth - (556418) - Staines Swimming Club - 200 Breaststroke - 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
2:51.85	341	F	25/02/17	Black Swan B-C Grade Meet 2017	Walton on Thames	Staines	3
3:07.05	265	F	21/11/15	Black Swan Winter Open Meet 2015	Walton-on-Thames	Staines	3
3:17.05	226	F	18/01/15	Middlesex County Championships 2015	Hendon	Staines	2
3:17.44	225	F	18/10/14	Staines SC Black Swan Winter Meet	Elmbridge		3
3:18.79	220	F	13/07/14	Staines SC Black Swan Summer Meet	Staines		3
3:30.60	185	F	18/01/14	Staines Black Swan County Qualifier 2014	Elmbridge	Staines	3
3:32.91	179	F	19/10/13	Staines SC Black Swan Winter Meet 2013	Elmbridge	Staines	3
3:33.58	178	F	14/07/13	Staines Black Swan Summer Meet	Elmbridge	Staines	3
3:36.17	171	F	30/06/13	Hillingdon SC Summer Meet	Hillingdon	Staines	3
3:36.31	171	F	11/03/13	Middlesex County Championships	Enfield	Staines	2
3:36.39	171	F	24/09/13	Staines Club Championships	Elmbridge	Staines	4
3:37.09	169	F	27/04/13	Guildford City SC Regional Qualifier Meet	Guildford	Staines	3
3:38.10	167	F	20/01/13	Staines Club Championships	Staines	Staines	4
3:39.46	164	F	12/01/13	Staines SC Black Swan County Qualifier	Staines	Staines	3
3:41.89	158	F	24/11/12	Staines Black Swan Winter Meet	Staines	Staines	3
3:51.79	139	F	15/07/12	Staines SC Black Swan Summer Meet	Walton on Thames	Staines	3
4:03.59	120	F	16/04/12	Middlesex County ASA Spring Development	Enfield	Staines	4
4:06.30	116		26/11/11	Staines Black Swan November Non NQT Meet	Walton on Thames	Staines	3
4:06.59	115		11/02/12	Harrow & Wealdstone John Basford Open Meet	Barnet	Staines	4
4:07.72	114		23/09/11	Staines Club Championships	Staines	Staines	4
5:05.79	60		27/11/10	Staines Club Champs	Staines	Staines	4

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