

Individual Best Times (All Time)

Cara Hetherington - (742636) - Team Ipswich Swimming - 100 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
1:05.11	599	F	13/12/14	NASL London Rounds Premier Division	Basildon	teamipswich	2
1:05.57	586	F	18/11/12	Teamipswich Club Championships	Ipswich	teamipswich	4
1:05.71	582	F	12/10/13	The National Arena Swimming League London	Hertfordshire	teamipswich	2
1:05.72	582	H	11/03/12	Suffolk County Championships	Newmarket	teamipswich	2
1:05.73	582	H	14/03/15	Suffolk County Championships	Ipswich	teamipswich	2
1:05.74	582	H	27/10/12	Teamipswich 14th Open Meet	Ipswich	teamipswich	2
1:05.75	581	F	15/03/14	Suffolk County Championships	Ipswich	teamipswich	2
1:05.84	579	F	01/11/14	Teamipswich Open Meet	Ipswich	teamipswich	3
1:06.00	575	F	16/03/13	Suffolk County Championships	Ipswich	teamipswich	2
1:06.13	571	H	07/12/14	ASA East Region Winter Championships	Luton	teamipswich	2
1:06.25	568	H	21/10/12	BG ASA National County Team Division 2	Sheffield	teamipswich	2
1:06.31	567	F	11/03/12	Suffolk County Championships	Newmarket	teamipswich	2
1:06.32	566	H	02/12/12	ASA East Region Winter Championships	Cambridge	teamipswich	2
1:06.33	566	H	22/10/11	teamipswich 13th Open Meet	Ipswich	teamipswich	2
1:06.36	565	F	14/03/15	Suffolk County Championships	Ipswich	teamipswich	2
1:06.40	564	F	02/12/12	ASA East Region Winter Championships	Cambridge	teamipswich	2
1:06.74	556	F	09/11/13	The National Arena Swimming League London	Hatfield	teamipswich	2
1:06.79	555	H	11/12/11	Cambridgeshire County 3 Counties Gala	Peterborough	teamipswich	3
1:06.79	555	F	16/03/13	Suffolk County Championships	Ipswich	teamipswich	2
1:06.93	551	F	17/01/15	Teamipswich Swimming January Open Meet	Ipswich	teamipswich	3
1:07.22	544	F	28/09/14	Teamipswich SC Early Season Open Meet	Ipswich	teamipswich	3
1:07.26	543	F	05/07/15	ASA East Region Inter County Meet	Borehamwood	teamipswich	2
1:07.29	542	H	20/10/13	BG ASA National County Team Division 2	Sheffield	teamipswich	2
1:07.44	539	F	13/07/14	Teamipswich SC July Surprize Open	Ipswich	teamipswich	3
1:08.22	520	H	15/12/13	Suffolk County ASA Three Counties Gala	Ipswich	teamipswich	2
1:08.33	518	F	24/11/13	Teamipswich Club Championships	Ipswich	teamipswich	4
1:08.48	499	F	21/11/15	Teamipswich November Open 2015	Ipswich	teamipswich	2

1:09.19	499	F	21/11/15	teamipswich November Open 2015	ipswich	teamipswich	3
1:09.66	489	H	11/12/11	Cambridgeshire County 3 Counties Gala	Peterborough	teamipswich	3
1:09.87	484	F	27/09/15	Teamipswich Club Championships 2015	ipswich	teamipswich	4
1:10.20	478	F	23/11/14	Teamipswich Club Championships	ipswich	teamipswich	4
1:11.24	457		05/03/11	Suffolk County Championships	ipswich	teamipswich	2
1:11.66	449	H	03/07/11	East Region Inter Counties Gala	Peterborough	teamipswich	3
1:12.71	430		05/03/11	Suffolk County Championships	ipswich	teamipswich	2
1:13.61	414	H	08/01/11	teamipswich 12th Licensed Open Meet	ipswich	teamipswich	3
1:18.14	346		07/03/10	Suffolk County Champs	ipswich	teamipswich	2
1:19.71	326		24/04/10	Newmarket 2nd Open Meet	Newmarket	teamipswich	3
1:19.91	324		07/03/10	Suffolk County Champs	ipswich	teamipswich	2
1:30.38	224	H	11/07/09	teamipswich Summer Sprints	ipswich	teamipswich	3

Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
1:09.19	499	F	21/11/15	Teamipswich November Open 2015	ipswich	teamipswich	3
1:09.87	484	F	27/09/15	Teamipswich Club Championships 2015	ipswich	teamipswich	4
1:07.26	543	F	05/07/15	ASA East Region Inter County Meet	Borehamwood		2
1:06.36	565	F	14/03/15	Suffolk County Championships	ipswich	teamipswich	2
1:05.73	582	H	14/03/15	Suffolk County Championships	ipswich	teamipswich	2
1:06.93	551	F	17/01/15	Teamipswich Swimming January Open Meet	ipswich	teamipswich	3
1:05.11	599	F	13/12/14	NASL London Rounds Premier Division	Basildon	teamipswich	2
1:06.13	571	H	07/12/14	ASA East Region Winter Championships	Luton		2
1:10.20	478	F	23/11/14	Teamipswich Club Championships	ipswich	teamipswich	4
1:05.84	579	F	01/11/14	Teamipswich Open Meet	ipswich	teamipswich	3
1:07.22	544	F	28/09/14	Teamipswich SC Early Season Open Meet	ipswich	teamipswich	3
1:07.44	539	F	13/07/14	Teamipswich SC July Surprize Open	ipswich	teamipswich	3
1:05.75	581	F	15/03/14	Suffolk County Championships	ipswich	teamipswich	2
1:08.22	520	H	15/12/13	Suffolk County ASA Three Counties Gala	ipswich	teamipswich	2
1:08.33	518	F	24/11/13	Teamipswich Club Championships	ipswich	teamipswich	4
1:06.74	556	F	09/11/13	The National Arena Swimming League London	Hatfield	teamipswich	2
1:07.29	542	H	20/10/13	BG ASA National County Team Division 2	Sheffield	teamipswich	2
1:05.71	582	F	12/10/13	The National Arena Swimming League London	Hertfordshire	teamipswich	2
1:06.79	555	F	16/03/13	Suffolk County Championships	ipswich	teamipswich	2
1:06.00	575	F	16/03/13	Suffolk County Championships	ipswich	teamipswich	2
1:06.40	564	F	02/12/12	ASA East Region Winter Championships	Cambridge	teamipswich	2
1:06.32	566	H	02/12/12	ASA East Region Winter Championships	Cambridge	teamipswich	2
1:05.57	586	F	18/11/12	Teamipswich Club Championships	ipswich	teamipswich	4
1:05.74	582	H	27/10/12	Teamipswich 14th Open Meet	ipswich	teamipswich	2
1:06.25	568	H	21/10/12	BG ASA National County Team Division 2	Sheffield	teamipswich	2
1:06.31	567	F	11/03/12	Suffolk County Championships	Newmarket	teamipswich	2
1:05.72	582	H	11/03/12	Suffolk County Championships	Newmarket	teamipswich	2
1:09.66	489	H	11/12/11	Cambridgeshire County 3 Counties Gala	Peterborough	teamipswich	3
1:06.79	555	H	11/12/11	Cambridgeshire County 3 Counties Gala	Peterborough	teamipswich	3
1:06.33	566	H	22/10/11	teamipswich 13th Open Meet	ipswich	teamipswich	2
1:11.66	449	H	03/07/11	East Region Inter Counties Gala	Peterborough	teamipswich	3
1:12.71	430		05/03/11	Suffolk County Championships	ipswich	teamipswich	2
1:11.24	457		05/03/11	Suffolk County Championships	ipswich	teamipswich	2
1:13.61	414	H	08/01/11	teamipswich 12th Licensed Open Meet	ipswich	teamipswich	3
1:19.71	326		24/04/10	Newmarket 2nd Open Meet	Newmarket	teamipswich	3
1:19.91	324		07/03/10	Suffolk County Champs	ipswich	teamipswich	2
1:18.14	346		07/03/10	Suffolk County Champs	ipswich	teamipswich	2
1:30.38	224	H	11/07/09	teamipswich Summer Sprints	ipswich	teamipswich	3

