

# Individual Best Times (All Time)

James Pope - (758518) - Watford SC - 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 |
|-------|--------|-------|----------|---|----------------------|-----------------|-------|
| 30.25 | 390    | F     | 28/05/21 | Watford   | Woodside             |                 | 0     |
| 31.16 | 357    | F     | 07/10/18 | Harpenden Legacy Meet                           | Westminster Lodge    | Watford SC      | 3     |
| 31.17 | 356    | F     | 08/03/20 | Watford March 2020 Regional Qualifier           | Garston              |                 | 3     |
| 31.25 | 354    | H     | 20/10/18 | Team Luton Autumn Short Course Meet 2018        | Inspire Luton Sports | Watford SC      | 3     |
| 31.39 | 349    | F     | 14/03/20 | City of St Albans Spring Open Meet              | St Albans            |                 | 3     |
| 31.46 | 347    | H     | 26/10/19 | Team Luton Autumn Short Course Open Meet        | Inspire; Luton       | Watford SC      | 3     |
| 31.47 | 346    | F     | 17/03/19 | Watford Regional Qualifier 2019                 | Garston              | Watford SC      | 3     |
| 31.48 | 346    | H     | 25/01/20 | Swim England Hertfordshire County Championships | Borehamwood          | Watford SC      | 2     |
| 31.54 | 344    | F     | 02/12/18 | City Of St Albans Open Meet Winter 2018         | St Albans            | Watford SC      | 3     |
| 31.70 | 339    | F     | 01/11/20 | Watford Swimming Club                           | Northwood College    |                 | 0     |
| 31.81 | 335    | F     | 29/09/19 | Watford Club Championships 2019                 | Watford              | Watford SC      | 4     |
| 31.86 | 334    | F     | 09/12/18 | Hemel Hempstead Alan Doyle Memorial Sprint Meet | Hemel Hempstead      | Watford SC      | 3     |
| 31.97 | 330    | F     | 16/09/18 | Watford Club Championships 2018                 | Garston              | Watford SC      | 4     |
| 32.79 | 306    | F     | 04/03/18 | Watford Regional Qualifier                      | Watford              | Watford SC      | 3     |
| 32.95 | 302    | F     | 23/06/18 | The Terry Davies Alternative Nationals          | Woodside LC          | Watford SC      | 3     |
| 33.48 | 288    | F     | 26/11/17 | Watford November 2017 County Qualifier          | Garston              | Watford SC      | 3     |
| 33.77 | 280    | F     | 07/10/17 | Hemel Hempstead Birthday Open                   | Hemel Hempstead      | Watford SC      | 3     |
| 34.82 | 256    | F     | 15/07/17 | Watford Club Championships 2017                 | Hemel Hempstead      | Watford SC      | 4     |
| 34.86 | 255    | F     | 19/03/17 | Watford Regional Qualifier                      | Watford              | Watford SC      | 3     |
| 35.14 | 249    | F     | 17/06/17 | The Terry Davies Alternative Nationals          | Watford              | Watford SC      | 3     |
| 35.41 | 243    | H     | 28/01/17 | Herts County Champs & Age Group Champs          | Borehamwood          | Watford SC      | 2     |
| 35.85 | 234    | H     | 11/12/16 | Team Luton 2016 Winter Development Meet         | Luton                | Watford SC      | 3     |
| 35.91 | 233    | F     | 15/10/16 | Hemel Hempstead 103rd Birthday Open             | Hertfordshire        | Watford SC      | 3     |
| 35.91 | 233    | F     | 18/12/16 | Hatfield Christmas Gala                         | Hatfield             | Watford SC      | 3     |
| 36.22 | 227    | H     | 25/01/16 | Hertfordshire County Championships              | Borehamwood          | Watford SC      | 2     |
| 36.26 | 226    | F     | 20/11/16 | Watford November 2016 County Qualifier          | Garston              | Watford SC      | 3     |
| 36.28 | 224    | H     | 18/12/16 | Hatfield Christmas Gala                         | Hatfield             |                 | 3     |

|       |     |   |          |   |                 |            |   |
|-------|-----|---|----------|---|-----------------|------------|---|
| 36.36 | 224 | F | 10/12/16 | Hatfield Christmas Gala                     | Hatfield        |            |   |
| 36.87 | 215 | F | 25/06/16 | The Terry Davies Alternative Nationals 2016 | Watford         | Watford SC | 3 |
| 37.09 | 211 | F | 13/03/16 | Watford Regional Qualifier                  | Watford         | Watford SC | 3 |
| 37.19 | 210 | F | 04/10/15 | Harpenden SC Legacy Open Meet 2015          | Borehamwood     | Watford SC | 3 |
| 37.63 | 202 | F | 22/11/15 | Watford November County Qualifier Open Meet | Watford         | Watford SC | 3 |
| 38.08 | 195 | F | 27/06/15 | The Terry Davies Alternative Nationals      | Watford         | Watford SC | 3 |
| 38.27 | 192 | F | 17/10/15 | Hemel Hempstead 102nd Birthday Open         | Hemel Hempstead | Watford SC | 2 |
| 38.78 | 185 | H | 24/10/15 | Team Luton Autumn Short Course Meet         | Luton           | Watford SC | 3 |
| 38.98 | 182 | F | 22/03/15 | Hertfordshire County Championships          | Borehamwood     | Watford SC | 2 |
| 39.28 | 178 | F | 23/11/14 | Watford MD & Sprints Open Meet              | Watford         | Watford SC | 3 |
| 39.66 | 173 | F | 05/10/14 | Harpenden Legacy Meet                       | Borehamwood     | Watford SC | 3 |
| 39.68 | 173 | F | 18/10/14 | Hemel Hempstead SC 101st Birthday Open      | Hemel Hempstead | Watford SC | 3 |
| 39.90 | 170 | F | 16/07/14 | Watford SC Club Championships Sprints 2014  | Watford         | Watford SC | 4 |
| 41.65 | 149 | F | 28/06/14 | WSC Terry Davies Alternative Nationals      | Watford         | Watford SC | 3 |
| 42.01 | 145 | F | 16/03/14 | Hertfordshire County Championships          | Borehamwood     | Watford SC | 2 |
| 44.49 | 122 | F | 24/11/13 | Watford Middle Distance & 50m Sprint Open   | Watford         | Watford SC | 3 |
| 45.34 | 115 | F | 20/10/13 | Hemel Hempstead 100th Birthday Open Meet    | Hemel Hempstead | Watford SC | 3 |
| 46.29 | 108 | F | 20/01/13 | Watford County Qualifier Open Meet          | Watford         | Watford SC | 3 |
| 47.01 | 104 | F | 28/09/13 | Tring SC Level 3 Sprint Open Meet           | Aylesbury       | Watford SC | 3 |
| 48.34 | 95  | F | 24/03/13 | Hertfordshire County Championships          | Borehamwood     | Watford SC | 2 |
| 48.63 | 93  | F | 25/11/12 | Watford SC Middle Distance & 50m Sprint     | Watford         | Watford SC | 3 |
| 49.03 | 91  | F | 22/09/12 | Hoddesdon SC Open Meet                      | Enfield         | Watford SC | 3 |
| 50.88 | 82  | H | 28/10/12 | Cheshunt Open Meet 2012                     | Southbury       | Watford SC | 3 |
| 50.91 | 81  | F | 29/06/13 | Watford SC Alternative Nationals Open Meet  | Watford         | Watford SC | 3 |
| 51.72 | 78  | F | 20/10/12 | Hemel Hempstead SC 99th Birthday Meet       | Hemel Hempstead | Watford SC | 3 |

## Swims in Date Order

| Time  | WA Pts | Round | Date     | Meet  | Venue                | Club Swam Under | Level |
|-------|--------|-------|----------|---|----------------------|-----------------|-------|
| 30.25 | 390    | F     | 28/05/21 | Watford   | Woodside             |                 | 0     |
| 31.70 | 339    | F     | 01/11/20 | Watford Swimming Club                           | Northwood College    |                 | 0     |
| 31.39 | 349    | F     | 14/03/20 | City of St Albans Spring Open Meet              | St Albans            |                 | 3     |
| 31.17 | 356    | F     | 08/03/20 | Watford March 2020 Regional Qualifier           | Garston              |                 | 3     |
| 31.48 | 346    | H     | 25/01/20 | Swim England Hertfordshire County Championships | Borehamwood          | Watford SC      | 2     |
| 31.46 | 347    | H     | 26/10/19 | Team Luton Autumn Short Course Open Meet        | Inspire; Luton       | Watford SC      | 3     |
| 31.81 | 335    | F     | 29/09/19 | Watford Club Championships 2019                 | Watford              | Watford SC      | 4     |
| 31.47 | 346    | F     | 17/03/19 | Watford Regional Qualifier 2019                 | Garston              | Watford SC      | 3     |
| 31.86 | 334    | F     | 09/12/18 | Hemel Hempstead Alan Doyle Memorial Sprint Meet | Hemel Hempstead      | Watford SC      | 3     |
| 31.54 | 344    | F     | 02/12/18 | City Of St Albans Open Meet Winter 2018         | St Albans            | Watford SC      | 3     |
| 31.25 | 354    | H     | 20/10/18 | Team Luton Autumn Short Course Meet 2018        | Inspire Luton Sports | Watford SC      | 3     |
| 31.16 | 357    | F     | 07/10/18 | Harpenden Legacy Meet                           | Westminster Lodge    | Watford SC      | 3     |
| 31.97 | 330    | F     | 16/09/18 | Watford Club Championships 2018                 | Garston              | Watford SC      | 4     |
| 32.95 | 302    | F     | 23/06/18 | The Terry Davies Alternative Nationals          | Woodside LC          | Watford SC      | 3     |
| 32.79 | 306    | F     | 04/03/18 | Watford Regional Qualifier                      | Watford              | Watford SC      | 3     |
| 33.48 | 288    | F     | 26/11/17 | Watford November 2017 County Qualifier          | Garston              | Watford SC      | 3     |
| 33.77 | 280    | F     | 07/10/17 | Hemel Hempstead Birthday Open                   | Hemel Hempstead      | Watford SC      | 3     |
| 34.82 | 256    | F     | 15/07/17 | Watford Club Championships 2017                 | Hemel Hempstead      | Watford SC      | 4     |
| 35.14 | 249    | F     | 17/06/17 | The Terry Davies Alternative Nationals          | Watford              | Watford SC      | 3     |
| 34.86 | 255    | F     | 19/03/17 | Watford Regional Qualifier                      | Watford              | Watford SC      | 3     |
| 35.41 | 243    | H     | 28/01/17 | Herts County Champs & Age Group Champs          | Borehamwood          | Watford SC      | 2     |
| 35.91 | 233    | F     | 18/12/16 | Hatfield Christmas Gala                         | Hatfield             | Watford SC      | 3     |
| 36.38 | 224    | H     | 18/12/16 | Hatfield Christmas Gala                         | Hatfield             |                 | 3     |
| 35.85 | 234    | H     | 11/12/16 | Team Luton 2016 Winter Development Meet         | Luton                | Watford SC      | 3     |
| 36.26 | 226    | F     | 20/11/16 | Watford November 2016 County Qualifier          | Garston              | Watford SC      | 3     |

|       |     |   |          |   |                 |            |   |
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| 35.91 | 233 | F | 15/10/16 | Hemel Hempstead 103rd Birthday Open         | Hertfordshire   | Watford SC | 3 |
| 36.87 | 215 | F | 25/06/16 | The Terry Davies Alternative Nationals 2016 | Watford         | Watford SC | 3 |
| 37.09 | 211 | F | 13/03/16 | Watford Regional Qualifier                  | Watford         | Watford SC | 3 |
| 36.22 | 227 | H | 25/01/16 | Hertfordshire County Championships          | Borehamwood     | Watford SC | 2 |
| 37.63 | 202 | F | 22/11/15 | Watford November County Qualifier Open Meet | Watford         | Watford SC | 3 |
| 38.78 | 185 | H | 24/10/15 | Team Luton Autumn Short Course Meet         | Luton           | Watford SC | 3 |
| 38.27 | 192 | F | 17/10/15 | Hemel Hempstead 102nd Birthday Open         | Hemel Hempstead | Watford SC | 2 |
| 37.19 | 210 | F | 04/10/15 | Harpenden SC Legacy Open Meet 2015          | Borehamwood     | Watford SC | 3 |
| 38.08 | 195 | F | 27/06/15 | The Terry Davies Alternative Nationals      | Watford         | Watford SC | 3 |
| 38.98 | 182 | F | 22/03/15 | Hertfordshire County Championships          | Borehamwood     | Watford SC | 2 |
| 39.28 | 178 | F | 23/11/14 | Watford MD & Sprints Open Meet              | Watford         | Watford SC | 3 |
| 39.68 | 173 | F | 18/10/14 | Hemel Hempstead SC 101st Birthday Open      | Hemel Hempstead | Watford SC | 3 |
| 39.66 | 173 | F | 05/10/14 | Harpenden Legacy Meet                       | Borehamwood     | Watford SC | 3 |
| 39.90 | 170 | F | 16/07/14 | Watford SC Club Championships Sprints 2014  | Watford         | Watford SC | 4 |
| 41.65 | 149 | F | 28/06/14 | WSC Terry Davies Alternative Nationals      | Watford         | Watford SC | 3 |
| 42.01 | 145 | F | 16/03/14 | Hertfordshire County Championships          | Borehamwood     | Watford SC | 2 |
| 44.49 | 122 | F | 24/11/13 | Watford Middle Distance & 50m Sprint Open   | Watford         | Watford SC | 3 |
| 45.34 | 115 | F | 20/10/13 | Hemel Hempstead 100th Birthday Open Meet    | Hemel Hempstead | Watford SC | 3 |
| 47.01 | 104 | F | 28/09/13 | Tring SC Level 3 Sprint Open Meet           | Aylesbury       | Watford SC | 3 |
| 50.91 | 81  | F | 29/06/13 | Watford SC Alternative Nationals Open Meet  | Watford         | Watford SC | 3 |
| 48.34 | 95  | F | 24/03/13 | Hertfordshire County Championships          | Borehamwood     | Watford SC | 2 |
| 46.29 | 108 | F | 20/01/13 | Watford County Qualifier Open Meet          | Watford         | Watford SC | 3 |
| 48.63 | 93  | F | 25/11/12 | Watford SC Middle Distance & 50m Sprint     | Watford         | Watford SC | 3 |
| 50.88 | 82  | H | 28/10/12 | Cheshunt Open Meet 2012                     | Southbury       | Watford SC | 3 |
| 51.72 | 78  | F | 20/10/12 | Hemel Hempstead SC 99th Birthday Meet       | Hemel Hempstead | Watford SC | 3 |
| 49.03 | 91  | F | 22/09/12 | Hoddesdon SC Open Meet                      | Enfield         | Watford SC | 3 |