

Individual Best Times (All Time)

Connor Coupland - (788405) - Borough of Harrow S C - 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
34.67	259	F	11/07/15	Black Swan Summer Open Meet 2015 (non nat qual)	Walton-on-Thames	Bo Of Harrow	3
35.27	246		05/07/15	Barnet Cophall Summer Sprints	Barnet	Bo Of Harrow	3
35.59	239	F	19/09/16	Borough of Harrow Club Championships	Hendon	Bo Of Harrow	4
35.63	238	F	01/11/15	Ealing November Open Meet	Northolt	Bo Of Harrow	3
35.72	237	F	16/06/15	Borough of Harrow Club Championships	Hendon	Bo Of Harrow	4
36.22	227	F	05/03/16	Borough of Harrow Regional Qualifier 2016	Barnet	Bo Of Harrow	3
36.60	220	F	27/09/14	Borough of Harrow Club Championships	Barnet	Bo Of Harrow	4
36.91	214	F	01/11/14	Ealing Level 3 Open Meet	Northolt	Bo Of Harrow	3
37.05	212	F	28/11/15	BHSC Christmas Cracker County Qualifier 2015	Barnet	Bo Of Harrow	3
37.56	203	F	16/07/17	BHSC L3 Sprint Meet 2017	Hendon	Bo Of Harrow	3
38.10	195	F	02/10/21	Bo of Harrow SC Club Championships 2021	London		4
38.41	190	F	12/04/14	MCASA Spring Development Meet	Southbury	Bo Of Harrow	3
38.57	188	F	08/02/14	Ealing L3 February Open Meet 2014	Ealing	Bo Of Harrow	3
38.67	186	F	21/12/13	City of Peterborough Winter Open Meet	Peterborough	Bo Of Harrow	3
38.68	186	F	19/01/14	Watford County Qualifier Open Meet	Watford	Bo Of Harrow	3
39.17	179		06/10/13	Barnet Cophall SC Novices Meet	Barnet	Bo Of Harrow	3
39.18	179	F	02/02/13	Ealing L3 Open Meet	Northolt	Bo Of Harrow	3
39.63	173	F	23/09/12	Borough of Harrow SC Club Championships	Harrow	Bo Of Harrow	4
39.70	172	H	11/01/14	Basildon & Phoenix Last Chance County	Basildon	Bo Of Harrow	3
39.71	172	F	13/01/13	Staines SC Black Swan County Qualifier	Staines	Bo Of Harrow	3
39.76	171		06/10/13	Barnet Cophall SC Novices Meet	Barnet	Bo Of Harrow	3
39.86	170	F	03/11/12	Ealing SC Development Meet	Ealing	Bo Of Harrow	4
39.96	169	F	15/12/13	BoH SC 3 Christmas Cracker 2013	Barnet	Bo Of Harrow	3
40.17	166	F	16/12/12	Borough of Harrow SC Christmas Cracker	London	Bo Of Harrow	3
41.33	153	F	15/04/12	Middlesex County ASA Spring Development	Enfield	Bo Of Harrow	4
41.59	150	F	14/07/12	Staines SC Black Swan Summer Meet	Walton on Thames	Bo Of Harrow	3
42.00	140		11/02/10	Harrow & Westdene John Bedford Open Meet	Barnet	Bo Of Harrow	4

42.29	142		11/02/12	Harrow & Wealdstone John Basford Open Meet	Barnet	Bo Of Harrow	
42.61	139		12/05/13	Barnet Cophall SC Kate Lack Trophy Meet	Hendon	Bo Of Harrow	3
42.68	139	F	16/06/13	Borough of Harrow SC End of Season Open Meet	Barnet	Bo Of Harrow	3
42.72	138		19/11/11	Borough of Harrow Winter Open Meet	Barnet	Bo Of Harrow	2
43.98	127	F	22/01/12	Hillingdon County Qualifier	Hillingdon	Bo Of Harrow	4
44.53	122	F	06/11/11	Ealing November Development Meet	Ealing	Bo Of Harrow	4
46.64	106		25/09/11	Borough of Harrow Club Championships	Harrow	Bo Of Harrow	4
46.97	104		09/07/11	Edmonton Phoenix Junior Open	Enfield	Bo Of Harrow	4
49.01	91	F	03/04/11	Middlesex County Spring Development Meet	Enfield	Bo Of Harrow	4
50.47	84		15/05/11	Barnet Cophall Kate Lock Meet	Barnet	Bo Of Harrow	1
50.50	83		13/02/11	The Borough of Harrow John Basford Open Me	Barnet	Bo Of Harrow	4
50.61	83	F	08/01/11	Linslade Crusaders Last Chance Open Meet	Milton Keynes	Bo Of Harrow	4
54.42	67	F	21/03/10	Ealing March Development	Northolt	Bo Of Harrow	4
54.95	65	F	17/04/10	Middlesex Development	Enfield	Bo Of Harrow	4
55.72	62	F	21/11/10	Ealing Development Meet	Northolt	Bo Of Harrow	4
57.35	57		20/06/10	Borough Of Harrow Open Meet	Barnet	Bo Of Harrow	4

Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
38.10	195	F	02/10/21	Bo of Harrow SC Club Championships 2021	London		4
37.56	203	F	16/07/17	BHSC L3 Sprint Meet 2017	Hendon	Bo Of Harrow	3
35.59	239	F	19/09/16	Borough of Harrow Club Championships	Hendon	Bo Of Harrow	4
36.22	227	F	05/03/16	Borough of Harrow Regional Qualifier 2016	Barnet	Bo Of Harrow	3
37.05	212	F	28/11/15	BHSC Christmas Cracker County Qualifier 2015	Barnet	Bo Of Harrow	3
35.63	238	F	01/11/15	Ealing November Open Meet	Northolt	Bo Of Harrow	3
34.67	259	F	11/07/15	Black Swan Summer Open Meet 2015 (non nat qual)	Walton-on-Thames	Bo Of Harrow	3
35.27	246		05/07/15	Barnet Cophall Summer Sprints	Barnet	Bo Of Harrow	3
35.72	237	F	16/06/15	Borough of Harrow Club Championships	Hendon	Bo Of Harrow	4
36.91	214	F	01/11/14	Ealing Level 3 Open Meet	Northolt	Bo Of Harrow	3
36.60	220	F	27/09/14	Borough of Harrow Club Championships	Barnet	Bo Of Harrow	4
38.41	190	F	12/04/14	MCASA Spring Development Meet	Southbury	Bo Of Harrow	3
38.57	188	F	08/02/14	Ealing L3 February Open Meet 2014	Ealing	Bo Of Harrow	3
38.68	186	F	19/01/14	Watford County Qualifier Open Meet	Watford	Bo Of Harrow	3
39.70	172	H	11/01/14	Basildon & Phoenix Last Chance County	Basildon	Bo Of Harrow	3
38.67	186	F	21/12/13	City of Peterborough Winter Open Meet	Peterborough	Bo Of Harrow	3
39.96	169	F	15/12/13	BoH SC 3 Christmas Cracker 2013	Barnet	Bo Of Harrow	3
39.17	179		06/10/13	Barnet Cophall SC Novices Meet	Barnet	Bo Of Harrow	3
39.76	171		06/10/13	Barnet Cophall SC Novices Meet	Barnet	Bo Of Harrow	3
42.68	139	F	16/06/13	Borough of Harrow SC End of Season Open Meet	Barnet	Bo Of Harrow	3
42.61	139		12/05/13	Barnet Cophall SC Kate Lack Trophy Meet	Hendon	Bo Of Harrow	3
39.18	179	F	02/02/13	Ealing L3 Open Meet	Northolt	Bo Of Harrow	3
39.71	172	F	13/01/13	Staines SC Black Swan County Qualifier	Staines	Bo Of Harrow	3
40.17	166	F	16/12/12	Borough of Harrow SC Christmas Cracker	London	Bo Of Harrow	3
39.86	170	F	03/11/12	Ealing SC Development Meet	Ealing	Bo Of Harrow	4
39.63	173	F	23/09/12	Borough of Harrow SC Club Championships	Harrow	Bo Of Harrow	4
41.59	150	F	14/07/12	Staines SC Black Swan Summer Meet	Walton on Thames	Bo Of Harrow	3
41.33	153	F	15/04/12	Middlesex County ASA Spring Development	Enfield	Bo Of Harrow	4
42.29	142		11/02/12	Harrow & Wealdstone John Basford Open Meet	Barnet	Bo Of Harrow	4
43.98	127	F	22/01/12	Hillingdon County Qualifier	Hillingdon	Bo Of Harrow	4
42.72	138		19/11/11	Borough of Harrow Winter Open Meet	Barnet	Bo Of Harrow	2
44.53	122	F	06/11/11	Ealing November Development Meet	Ealing	Bo Of Harrow	4
46.64	106		25/09/11	Borough of Harrow Club Championships	Harrow	Bo Of Harrow	4
46.97	104		09/07/11	Edmonton Phoenix Junior Open	Enfield	Bo Of Harrow	4

50.47	84		15/05/11	Barnet Cophthall Kate Lock Meet	Barnet	Bo Of Harrow	1
49.01	91	F	03/04/11	Middlesex County Spring Development Meet	Enfield	Bo Of Harrow	4
50.50	83		13/02/11	The Borough of Harrow John Basford Open Me	Barnet	Bo Of Harrow	4
50.61	83	F	08/01/11	Linslade Crusaders Last Chance Open Meet	Milton Keynes	Bo Of Harrow	4
55.72	62	F	21/11/10	Ealing Development Meet	Northolt	Bo Of Harrow	4
57.35	57		20/06/10	Borough Of Harrow Open Meet	Barnet	Bo Of Harrow	4
54.95	65	F	17/04/10	Middlesex Development	Enfield	Bo Of Harrow	4
54.42	67	F	21/03/10	Ealing March Development	Northolt	Bo Of Harrow	4