## **Individual Best Times (All Time)**

Matthew Willmott - (928267) - West Suffolk Swimming Club - 200 Freestyle - Short Course Performance Graph

Drag to Zoom, right click to reset.

## Swims in Time Order

| 2:11.45         432         H         2509/18         City of Cambridge Spring Open         Cambridge         West Suffolk           2:11.73         429         11/03/18         Robin Deal Memorial Meet 2018         Sudbury         West Suffolk           2:13.11         416         F         11/02/18         Suffolk County Championships 2018         Ipswich         West Suffolk           2:16.76         383         F         12/05/19         The AMAYzing Spring Development Meet         Bury St Edmunds         West Suffolk           2:18.85         366         H         16/07/17         Jeanne Barker July Open Meet         Cambridge         West Suffolk           2:21.14         348         F         12/02/17         Suffolk County ASA Championships 2017         Ipswich         West Suffolk           2:21.43         346         F         19/04/17         Newmarket & District 9th April Open Meet         Newmarket         West Suffolk           2:22.30         335         F         29/11/16         West Suffolk Club Championships 2016         Bury St Edmunds         West Suffolk           2:23.00         335         F         29/11/16         West Suffolk Club Championships 2016         Bury St Edmunds         West Suffolk           2:23.02         336         F         <  | Time      | WA Pts | Round | Date     | Meet  | Venue           | Club Swam Under | Leve   |
|--|-----------|--------|-------|----------|---|-----------------|-----------------|--------|
| 2.13.11         416         F         11/02/18         Suffolk County Championships 2018         Ipswich         West Suffolk           2:16.76         383         F         12/05/19         The AMAYzing Spring Development Meet         Bury St Edmunds         West Suffolk           2:18.85         366         H         16/07/17         Jeanne Barker July Open Meet         Cambridge         West Suffolk           2:20.17         356         F         19/11/16         Teamipswich November Open 2016         Ipswich         West Suffolk           2:21.14         348         F         19/11/16         Teamipswich November Open 2016         Ipswich         West Suffolk           2:21.43         346         F         09/04/17         Newmarket & District 9th April Open Meet         Newmarket         West Suffolk           2:22.53         338         G80/11/7         Sudbury January Last Chance Time Trial         Sudbury         West Suffolk           2:23.02         335         F         29/11/16         West Suffolk AfMayzing Spring Development Meet         Stowmarket         West Suffolk           2:23.08         334         F         16/12/17         Stowmarket No Fills Open meet         Stowmarket         West Suffolk           2:25.18         320         F         07  | 2:11.45   | 432    | Н     | 25/03/18 | City of Cambridge Spring Open                     | Cambridge       | West Suffolk    | 3      |
| 2:16.76         383         F         12:05/19         The AMAYzing Spring Development Meet         Bury St Edmunds         West Sutfolk           2:18.85         366         H         16:07/17         Jeanne Barker July Open Meet         Cambridge         West Sutfolk           2:20.17         356         F         19/11/16         Teamipswich November Open 2016         Ipswich         West Sutfolk           2:21.14         348         F         12/02/17         Sutfolk County ASA Championships 2017         Ipswich         West Sutfolk           2:21.43         346         F         09/04/17         Newmarket & District 9th April Open Meet         Newmarket         West Sutfolk           2:22.53         338         -         08/01/17         Sudbury January Last Chance Time Trial         Sudbury         West Sutfolk           2:23.08         334         F         16/12/17         Stowmarket No Frills Open meet         Stowmarket         West Sutfolk           2:25.18         320         F         07/05/16         West Sutfolk AMayzing Spring Development Meet         Bury St Edmunds         West Sutfolk           2:27.14         308         F         15/10/16         Cambridge April Open 2016         Cambridge         West Sutfolk           2:27.14         308   | 2:11.73   | 429    |       | 11/03/18 | Robin Deal Memorial Meet 2018                     | Sudbury         | West Suffolk    | 3      |
| 2:18.85         366         H         16/07/17         Jeanne Barker July Open Meet         Cambridge         West Sulfolk           2:20.17         356         F         19/11/16         Teamipswich November Open 2016         Ipswich         West Sulfolk           2:21.14         348         F         12/02/17         Sulfolk County ASA Championships 2017         Ipswich         West Sulfolk           2:21.43         346         F         09/04/17         Newmarket & District 9th April Open Meet         Newmarket         West Sulfolk           2:22.53         338         08/01/17         Sudbury January Last Chance Time Trial         Sudbury         West Sulfolk           2:23.02         335         F         29/11/16         West Sulfolk Club Championships 2016         Bury St Edmunds         West Sulfolk           2:25.18         320         F         07/05/16         West Sulfolk AMay'zing Spring Development Meet         Bury St Edmunds         West Sulfolk           2:27.14         308         F         15/10/16         Cambridge April Open 2016         Cambridge         West Sulfolk           2:27.84         303         F         16/04/16         Newmarket & District 8th April Open Meet 2016         Newmarket         West Sulfolk           2:28.86         297  | 2:13.11   | 416    | F     | 11/02/18 | Suffolk County Championships 2018                 | lpswich         | West Suffolk    | 2      |
| 220.17         356         F         19/11/16         Teamipswich November Open 2016         Ipswich         West Sutfolk           2:21.14         348         F         12/02/17         Suffolk County ASA Championships 2017         Ipswich         West Sutfolk           2:21.43         346         F         09/04/17         Newmarket & District 9th April Open Meet         Newmarket         West Sutfolk           2:22.53         338         -         08/01/17         Sudbury January Last Chance Time Trial         Sudbury         West Sutfolk           2:23.02         335         F         29/11/16         West Sutfolk Club Championships 2016         Bury St Edmunds         West Sutfolk           2:23.08         334         F         16/12/17         Stowmarket No Frills Open meet         Stowmarket         West Sutfolk           2:25.18         320         F         07/05/16         West Sutfolk AfWay/zing Spring Development Meet         Bury St Edmunds         West Sutfolk           2:27.14         308         F         15/10/16         Deben Open Meet 2016         Cambridge         West Sutfolk           2:27.84         303         F         16/04/16         Newmarket & District Bth April Open Meet 2016         Newmarket         West Sutfolk           2:28.86         297<   | 2:16.76   | 383    | F     | 12/05/19 | The AMAYzing Spring Development Meet              | Bury St Edmunds | West Suffolk    | 3      |
| 22.1.14         348         F         12/02/17         Suffolk County ASA Championships 2017         Ipswich         West Suffolk           2.21.43         346         F         09/04/17         Newmarket & District 9th April Open Meet         Newmarket         West Suffolk           2.22.53         338         08/01/17         Sudbury January Last Chance Time Trial         Sudbury         West Suffolk           2.23.02         335         F         29/11/16         West Suffolk Club Championships 2016         Bury St Edmunds         West Suffolk           2.25.18         334         F         16/12/17         Stowmarket No Frills Open meet         Stowmarket         West Suffolk           2.25.18         320         F         07/05/16         West Suffolk AMayzing Spring Development Meet         Bury St Edmunds         West Suffolk           2.25.18         320         F         07/05/16         West Suffolk AMayzing Spring Development Meet         Bury St Edmunds         West Suffolk           2.25.18         320         F         07/05/16         Cambridge April Open 2016         Cambridge         West Suffolk           2.27.14         308         F         15/10/16         Deben Open Meet 2016         Newmarket         West Suffolk           2.27.84         303  | 2:18.85   | 366    | Н     | 16/07/17 | Jeanne Barker July Open Meet                      | Cambridge       | West Suffolk    | 3      |
| 2:21.43         346         F         09/04/17         Newmarket & District 9th April Open Meet         Newmarket         West Suffolk           2:22.53         338         08/01/17         Sudbury January Last Chance Time Trial         Sudbury         West Suffolk           2:23.02         335         F         29/11/16         West Suffolk Club Championships 2016         Bury St Edmunds         West Suffolk           2:23.08         334         F         16/12/17         Stowmarket No Frills Open meet         Stowmarket         West Suffolk           2:25.18         320         F         07/05/16         West Suffolk AMay'zing Spring Development Meet         Bury St Edmunds         West Suffolk           2:25.18         310         H         10/04/16         Cambridge April Open 2016         Cambridge         West Suffolk           2:27.14         308         F         15/10/16         Deben Open Meet 2016         Deben         West Suffolk           2:27.84         303         F         16/04/16         Newmarket & District 8th April Open Meet 2016         Newmarket         West Suffolk           2:28.86         297         F         01/10/16         West Suffolk The Neate Meet         Bury St Edmunds         West Suffolk           2:32.85         274         70/01/18 <td>2:20.17</td> <td>356</td> <td>F</td> <td>19/11/16</td> <td>Teamipswich November Open 2016</td> <td>lpswich</td> <td>West Suffolk</td> <td>3</td> | 2:20.17   | 356    | F     | 19/11/16 | Teamipswich November Open 2016                    | lpswich         | West Suffolk    | 3      |
| 2:22.53         338         08/01/17         Sudbury January Last Chance Time Trial         Sudbury         West Suffolk           2:23.02         335         F         29/11/16         West Suffolk Club Championships 2016         Bury St Edmunds         West Suffolk           2:23.08         334         F         16/12/17         Stowmarket No Frills Open meet         Stowmarket         West Suffolk           2:25.18         320         F         07/05/16         West Suffolk AfMay Zing Spring Development Meet         Bury St Edmunds         West Suffolk           2:26.68         310         H         10/04/16         Cambridge April Open 2016         Cambridge         West Suffolk           2:27.14         308         F         15/10/16         Deben Open Meet 2016         Deben         West Suffolk           2:27.84         303         F         16/04/16         Newmarket & District 8th April Open Meet 2016         Newmarket         West Suffolk           2:28.86         297         F         01/10/16         West Suffolk The Neate Meet         Bury St Edmunds         West Suffolk           2:38.56         274         07/01/18         Sudbury & District January Last Chance Time Trial         Sudbury         West Suffolk           2:38.56         246         F         01/   | 2:21.14   | 348    | F     | 12/02/17 | Suffolk County ASA Championships 2017             | lpswich         | West Suffolk    | 2      |
| 2:23.02         335         F         29/11/16         West Sutfolk Club Championships 2016         Bury St Edmunds         West Sutfolk           2:23.08         334         F         16/12/17         Stowmarket No Frills Open meet         Stowmarket         West Sutfolk           2:25.18         320         F         07/05/16         West Sutfolk AMay'zing Spring Development Meet         Bury St Edmunds         West Sutfolk           2:26.68         310         H         10/04/16         Cambridge April Open 2016         Cambridge         West Sutfolk           2:27.14         308         F         15/10/16         Deben Open Meet 2016         Deben         West Sutfolk           2:27.84         303         F         16/04/16         Newmarket & District 8th April Open Meet 2016         Newmarket         West Sutfolk           2:28.86         297         F         01/10/16         West Sutfolk The Neate Meet         Bury St Edmunds         West Sutfolk           2:32.85         274         7         07/01/18         Sudbury & District January Last Chance Time Trial         Sudbury         West Sutfolk           2:38.86         254         F         21/02/16         Sutfolk County Championships 2016         Ipswich         West Sutfolk           2:42.27         229   | 2:21.43   | 346    | F     | 09/04/17 | Newmarket & District 9th April Open Meet          | Newmarket       | West Suffolk    | 3      |
| 2:23.08         334         F         16/12/17         Stowmarket No Frills Open meet         Stowmarket         West Suffolk           2:25.18         320         F         07/05/16         West Suffolk AfMay'zing Spring Development Meet         Bury St Edmunds         West Suffolk           2:26.68         310         H         10/04/16         Cambridge April Open 2016         Cambridge         West Suffolk           2:27.14         308         F         15/10/16         Deben Open Meet 2016         Newmarket         West Suffolk           2:27.84         303         F         16/04/16         Newmarket & District 8th April Open Meet 2016         Newmarket         West Suffolk           2:28.86         297         F         01/10/16         West Suffolk The Neate Meet         Bury St Edmunds         West Suffolk           2:38.56         274         07/01/18         Sudbury & District January Last Chance Time Trial         Sudbury         West Suffolk           2:38.56         246         F         21/02/16         Suffolk County Championships 2016         Ipswich         West Suffolk           2:42.27         229         F         21/11/15         West Suffolk Club Championships         West Suffolk           2:51.85         193         28/06/15         Suffolk County A   | 2:22.53   | 338    |       | 08/01/17 | Sudbury January Last Chance Time Trial            | Sudbury         | West Suffolk    | 3      |
| 2:25.18         320         F         07/05/16         West Suffolk A'May'zing Spring Development Meet         Bury St Edmunds         West Suffolk           2:26.68         310         H         10/04/16         Cambridge April Open 2016         Cambridge         West Suffolk           2:27.14         308         F         15/10/16         Deben Open Meet 2016         Deben         West Suffolk           2:27.84         303         F         16/04/16         Newmarket & District 8th April Open Meet 2016         Newmarket         West Suffolk           2:28.86         297         F         01/10/16         West Suffolk The Neate Meet         Bury St Edmunds         West Suffolk           2:32.85         274         07/01/18         Sudbury & District January Last Chance Time Trial         Sudbury         West Suffolk           2:36.84         254         F         21/02/16         Suffolk County Championships 2016         Ipswich         West Suffolk           2:38.56         246         F         01/12/15         West Suffolk Club Championships 2015         Bury St Edmunds         West Suffolk           2:42.27         229         F         21/11/15         Deben SC Open Meet 2015         Woodbridge         West Suffolk           2:51.85         193         28/06/15  | 2:23.02   | 335    | F     | 29/11/16 | West Suffolk Club Championships 2016              | Bury St Edmunds | West Suffolk    | 4      |
| 2:26.68         310         H         10/04/16         Cambridge April Open 2016         Cambridge         West Suffolk           2:27.14         308         F         15/10/16         Deben Open Meet 2016         Deben         West Suffolk           2:27.84         303         F         16/04/16         Newmarket & District 8th April Open Meet 2016         Newmarket         West Suffolk           2:28.86         297         F         01/10/16         West Suffolk The Neate Meet         Bury St Edmunds         West Suffolk           2:32.85         274         07/01/18         Sudbury & District January Last Chance Time Trial         Sudbury         West Suffolk           2:36.84         254         F         21/02/16         Suffolk County Championships 2016         Ipswich         West Suffolk           2:38.56         246         F         01/12/15         West Suffolk Club Championships 2015         Bury St Edmunds         West Suffolk           2:42.27         229         F         21/11/15         Deben SC Open Meet 2015         Woodbridge         West Suffolk           2:51.85         193         28/06/15         Suffolk County ASA Development Championships         Newmarket         West Suffolk           2:55.71         180         F         18/04/15 <t< td=""><td>2:23.08</td><td>334</td><td>F</td><td>16/12/17</td><td>Stowmarket No Frills Open meet</td><td>Stowmarket</td><td>West Suffolk</td><td>3</td></t<>   | 2:23.08   | 334    | F     | 16/12/17 | Stowmarket No Frills Open meet                    | Stowmarket      | West Suffolk    | 3      |
| 2:27.14         308         F         15/10/16         Deben Open Meet 2016         Deben         Deben         West Suffolk           2:27.84         303         F         16/04/16         Newmarket & District 8th April Open Meet 2016         Newmarket         West Suffolk           2:28.86         297         F         01/10/16         West Suffolk The Neate Meet         Bury St Edmunds         West Suffolk           2:32.85         274         07/01/18         Sudbury & District January Last Chance Time Trial         Sudbury         West Suffolk           2:36.84         254         F         21/02/16         Suffolk County Championships 2016         Ipswich         West Suffolk           2:38.56         246         F         01/12/15         West Suffolk Club Championships 2015         Bury St Edmunds         West Suffolk           2:42.27         229         F         21/11/15         Deben SC Open Meet 2015         Woodbridge         West Suffolk           2:46.83         211         F         03/10/15         West Suffolk Sc The Neate Meet         Bury St Edmunds         West Suffolk           2:51.85         193         28/06/15         Suffolk County ASA Development Championships         Newmarket         West Suffolk           2:55.71         180         F   | 2:25.18   | 320    | F     | 07/05/16 | West Suffolk A'May'zing Spring Development Meet   | Bury St Edmunds | West Suffolk    | 3      |
| 2:27.84         303         F         16/04/16         Newmarket & District 8th April Open Meet 2016         Newmarket         West Suffolk           2:28.86         297         F         01/10/16         West Suffolk The Neate Meet         Bury St Edmunds         West Suffolk           2:32.85         274         07/01/18         Sudbury & District January Last Chance Time Trial         Sudbury         West Suffolk           2:36.84         254         F         21/02/16         Suffolk County Championships 2016         Ipswich         West Suffolk           2:38.56         246         F         01/12/15         West Suffolk Club Championships 2015         Bury St Edmunds         West Suffolk           2:42.27         229         F         21/11/15         Deben SC Open Meet 2015         Woodbridge         West Suffolk           2:46.83         211         F         03/10/15         West Suffolk SC The Neate Meet         Bury St Edmunds         West Suffolk           2:51.85         193         28/06/15         Suffolk County ASA Development Championships         Newmarket         West Suffolk           2:55.06         182         F         29/11/14         Deben Open Meet         Deben         Newmarket         West Suffolk           2:55.71         180         F  | 2:26.68   | 310    | Н     | 10/04/16 | Cambridge April Open 2016                         | Cambridge       | West Suffolk    | 3      |
| 2:28.86         297         F         01/10/16         West Suffolk The Neate Meet         Bury St Edmunds         West Suffolk           2:32.85         274         07/01/18         Sudbury & District January Last Chance Time Trial         Sudbury         West Suffolk           2:36.84         254         F         21/02/16         Suffolk County Championships 2016         Ipswich         West Suffolk           2:38.56         246         F         01/12/15         West Suffolk Club Championships 2015         Bury St Edmunds         West Suffolk           2:42.27         229         F         21/11/15         Deben SC Open Meet 2015         Woodbridge         West Suffolk           2:46.83         211         F         03/10/15         West Suffolk SC The Neate Meet         Bury St Edmunds         West Suffolk           2:51.85         193         28/06/15         Suffolk County ASA Development Championships         Newmarket         West Suffolk           2:55.06         182         F         29/11/14         Deben Open Meet         Deben         West Suffolk           2:55.71         180         F         18/04/15         Newmarket & District Seventh Open Meet         Newmarket         West Suffolk           2:56.70         177         F         09/05/15 <td< td=""><td>2:27.14</td><td>308</td><td>F</td><td>15/10/16</td><td>Deben Open Meet 2016</td><td>Deben</td><td>West Suffolk</td><td>3</td></td<>                 | 2:27.14   | 308    | F     | 15/10/16 | Deben Open Meet 2016                              | Deben           | West Suffolk    | 3      |
| 2:32.85       274       07/01/18       Sudbury & District January Last Chance Time Trial       Sudbury       West Suffolk         2:36.84       254       F       21/02/16       Suffolk County Championships 2016       Ipswich       West Suffolk         2:38.56       246       F       01/12/15       West Suffolk Club Championships 2015       Bury St Edmunds       West Suffolk         2:42.27       229       F       21/11/15       Deben SC Open Meet 2015       Woodbridge       West Suffolk         2:46.83       211       F       03/10/15       West Suffolk SC The Neate Meet       Bury St Edmunds       West Suffolk         2:51.85       193       28/06/15       Suffolk County ASA Development Championships       Newmarket       West Suffolk         2:55.06       182       F       29/11/14       Deben Open Meet       Deben       West Suffolk         2:55.71       180       F       18/04/15       Newmarket & District Seventh Open Meet       Newmarket       West Suffolk         2:56.70       177       F       09/05/15       West Suffolk Spring Development Meet       Bury St Edmunds       West Suffolk         3:01.18       164       F       22/11/14       West Suffolk Club Championships       Bury St Edmunds       West Suffolk <td>2:27.84</td> <td>303</td> <td>F</td> <td>16/04/16</td> <td>Newmarket &amp; District 8th April Open Meet 2016</td> <td>Newmarket</td> <td>West Suffolk</td> <td>3</td>                                  | 2:27.84   | 303    | F     | 16/04/16 | Newmarket & District 8th April Open Meet 2016     | Newmarket       | West Suffolk    | 3      |
| 2:36.84       254       F       21/02/16       Suffolk County Championships 2016       Ipswich       West Suffolk         2:38.56       246       F       01/12/15       West Suffolk Club Championships 2015       Bury St Edmunds       West Suffolk         2:42.27       229       F       21/11/15       Deben SC Open Meet 2015       Woodbridge       West Suffolk         2:46.83       211       F       03/10/15       West Suffolk SC The Neate Meet       Bury St Edmunds       West Suffolk         2:51.85       193       28/06/15       Suffolk County ASA Development Championships       Newmarket       West Suffolk         2:55.06       182       F       29/11/14       Deben Open Meet       Deben       West Suffolk         2:55.71       180       F       18/04/15       Newmarket & District Seventh Open Meet       Newmarket       West Suffolk         2:56.70       177       F       09/05/15       West Suffolk Spring Development Meet       Bury St Edmunds       West Suffolk         3:01.18       164       F       22/11/14       West Suffolk Club Championships       Bury St Edmunds       West Suffolk  | 2:28.86   | 297    | F     | 01/10/16 | West Suffolk The Neate Meet                       | Bury St Edmunds | West Suffolk    | 3      |
| 2:38.56       246       F       01/12/15       West Suffolk Club Championships 2015       Bury St Edmunds       West Suffolk         2:42.27       229       F       21/11/15       Deben SC Open Meet 2015       Woodbridge       West Suffolk         2:46.83       211       F       03/10/15       West Suffolk SC The Neate Meet       Bury St Edmunds       West Suffolk         2:51.85       193       28/06/15       Suffolk County ASA Development Championships       Newmarket       West Suffolk         2:55.06       182       F       29/11/14       Deben Open Meet       Deben       West Suffolk         2:55.71       180       F       18/04/15       Newmarket & District Seventh Open Meet       Newmarket       West Suffolk         2:56.70       177       F       09/05/15       West Suffolk Spring Development Meet       Bury St Edmunds       West Suffolk         3:01.18       164       F       22/11/14       West Suffolk Club Championships       Bury St Edmunds       West Suffolk  | 2:32.85   | 274    |       | 07/01/18 | Sudbury & District January Last Chance Time Trial | Sudbury         | West Suffolk    | 3      |
| 2:42.27       229       F       21/11/15       Deben SC Open Meet 2015       Woodbridge       West Suffolk         2:46.83       211       F       03/10/15       West Suffolk SC The Neate Meet       Bury St Edmunds       West Suffolk         2:51.85       193       28/06/15       Suffolk County ASA Development Championships       Newmarket       West Suffolk         2:55.06       182       F       29/11/14       Deben Open Meet       Deben       West Suffolk         2:55.71       180       F       18/04/15       Newmarket & District Seventh Open Meet       Newmarket       West Suffolk         2:56.70       177       F       09/05/15       West Suffolk Spring Development Meet       Bury St Edmunds       West Suffolk         3:01.18       164       F       22/11/14       West Suffolk Club Championships       Bury St Edmunds       West Suffolk   | 2:36.84   | 254    | F     | 21/02/16 | Suffolk County Championships 2016                 | lpswich         | West Suffolk    | 2      |
| 2:46.83       211       F       03/10/15       West Suffolk SC The Neate Meet       Bury St Edmunds       West Suffolk         2:51.85       193       28/06/15       Suffolk County ASA Development Championships       Newmarket       West Suffolk         2:55.06       182       F       29/11/14       Deben Open Meet       Deben       West Suffolk         2:55.71       180       F       18/04/15       Newmarket & District Seventh Open Meet       Newmarket       West Suffolk         2:56.70       177       F       09/05/15       West Suffolk Spring Development Meet       Bury St Edmunds       West Suffolk         3:01.18       164       F       22/11/14       West Suffolk Club Championships       Bury St Edmunds       West Suffolk  | 2:38.56   | 246    | F     | 01/12/15 | West Suffolk Club Championships 2015              | Bury St Edmunds | West Suffolk    | 4      |
| 2:51.85 193 28/06/15 Suffolk County ASA Development Championships Newmarket West Suffolk 2:55.06 182 F 29/11/14 Deben Open Meet Deben West Suffolk 2:55.71 180 F 18/04/15 Newmarket & District Seventh Open Meet Newmarket West Suffolk 2:56.70 177 F 09/05/15 West Suffolk Spring Development Meet Bury St Edmunds West Suffolk 3:01.18 164 F 22/11/14 West Suffolk Club Championships Bury St Edmunds West Suffolk   | 2:42.27   | 229    | F     | 21/11/15 | Deben SC Open Meet 2015                           | Woodbridge      | West Suffolk    | 3      |
| 2:55.06         182         F         29/11/14         Deben Open Meet         Deben         West Suffolk           2:55.71         180         F         18/04/15         Newmarket & District Seventh Open Meet         Newmarket         West Suffolk           2:56.70         177         F         09/05/15         West Suffolk Spring Development Meet         Bury St Edmunds         West Suffolk           3:01.18         164         F         22/11/14         West Suffolk Club Championships         Bury St Edmunds         West Suffolk  | 2:46.83   | 211    | F     | 03/10/15 | West Suffolk SC The Neate Meet                    | Bury St Edmunds | West Suffolk    | 3      |
| 2:55.71 180 F 18/04/15 Newmarket & District Seventh Open Meet Newmarket West Suffolk 2:56.70 177 F 09/05/15 West Suffolk Spring Development Meet Bury St Edmunds West Suffolk 3:01.18 164 F 22/11/14 West Suffolk Club Championships Bury St Edmunds West Suffolk  | 2:51.85   | 193    |       | 28/06/15 | Suffolk County ASA Development Championships      | Newmarket       | West Suffolk    | 3      |
| 2:56.70 177 F 09/05/15 West Suffolk Spring Development Meet Bury St Edmunds West Suffolk 3:01.18 164 F 22/11/14 West Suffolk Club Championships Bury St Edmunds West Suffolk   | 2:55.06   | 182    | F     | 29/11/14 | Deben Open Meet                                   | Deben           | West Suffolk    | 3      |
| 3:01.18 164 F 22/11/14 West Suffolk Club Championships Bury St Edmunds West Suffolk  | 2:55.71   | 180    | F     | 18/04/15 | Newmarket & District Seventh Open Meet            | Newmarket       | West Suffolk    | 3      |
| 2:00 E0 410 E 40/40/4/ Most Cuffally CC Navins Cols Dury Ct Edmunds Most Cuffally  | 2:56.70   | 177    | F     | 09/05/15 | West Suffolk Spring Development Meet              | Bury St Edmunds | West Suffolk    | 3      |
| 2.00 E0 110 E 10/10/14 Wast Suffally CO Navisa Cola Bust St Edwards Wast Suffally Powered By SPORTS  | 3:01.18   | 164    | F     | 22/11/14 | West Suffolk Club Championships                   | Bury St Edmunds | West Suffolk    | 4      |
|  | right 202 |        | E     | 10/10/14 | Most Cuffally CC Navino Cala                      | Dini Ct Edminda |                 | TSYSTE |

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|---------|-----|---|----------|--|-----------------|--------------|------------|
| 3:40.60 | 91  |   | 12/01/14 | Sudbury & District January Time Trials | Sudbury         | West Suffolk | 3          |
| 3:57.71 | 73  | F | 06/10/13 | West Suffolk SC Novice Gala 2013       | Bury St Edmunds | West Suffolk | 3          |

## Swims in Date Order

| Time    | WA Pts | Round | Date     | Meet  | Venue           | Club Swam Under | Level |
|---------|--------|-------|----------|---|-----------------|-----------------|-------|
| 2:16.76 | 383    | F     | 12/05/19 | The AMAYzing Spring Development Meet              | Bury St Edmunds | West Suffolk    | 3     |
| 2:11.45 | 432    | Н     | 25/03/18 | City of Cambridge Spring Open                     | Cambridge       | West Suffolk    | 3     |
| 2:11.73 | 429    |       | 11/03/18 | Robin Deal Memorial Meet 2018                     | Sudbury         | West Suffolk    | 3     |
| 2:13.11 | 416    | F     | 11/02/18 | Suffolk County Championships 2018                 | lpswich         | West Suffolk    | 2     |
| 2:32.85 | 274    |       | 07/01/18 | Sudbury & District January Last Chance Time Trial | Sudbury         | West Suffolk    | 3     |
| 2:23.08 | 334    | F     | 16/12/17 | Stowmarket No Frills Open meet                    | Stowmarket      | West Suffolk    | 3     |
| 2:18.85 | 366    | Н     | 16/07/17 | Jeanne Barker July Open Meet                      | Cambridge       | West Suffolk    | 3     |
| 2:21.43 | 346    | F     | 09/04/17 | Newmarket & District 9th April Open Meet          | Newmarket       | West Suffolk    | 3     |
| 2:21.14 | 348    | F     | 12/02/17 | Suffolk County ASA Championships 2017             | lpswich         | West Suffolk    | 2     |
| 2:22.53 | 338    |       | 08/01/17 | Sudbury January Last Chance Time Trial            | Sudbury         | West Suffolk    | 3     |
| 2:23.02 | 335    | F     | 29/11/16 | West Suffolk Club Championships 2016              | Bury St Edmunds | West Suffolk    | 4     |
| 2:20.17 | 356    | F     | 19/11/16 | Teamipswich November Open 2016                    | lpswich         | West Suffolk    | 3     |
| 2:27.14 | 308    | F     | 15/10/16 | Deben Open Meet 2016                              | Deben           | West Suffolk    | 3     |
| 2:28.86 | 297    | F     | 01/10/16 | West Suffolk The Neate Meet                       | Bury St Edmunds | West Suffolk    | 3     |
| 2:25.18 | 320    | F     | 07/05/16 | West Suffolk A'May'zing Spring Development Meet   | Bury St Edmunds | West Suffolk    | 3     |
| 2:27.84 | 303    | F     | 16/04/16 | Newmarket & District 8th April Open Meet 2016     | Newmarket       | West Suffolk    | 3     |
| 2:26.68 | 310    | Н     | 10/04/16 | Cambridge April Open 2016                         | Cambridge       | West Suffolk    | 3     |
| 2:36.84 | 254    | F     | 21/02/16 | Suffolk County Championships 2016                 | Ipswich         | West Suffolk    | 2     |
| 2:38.56 | 246    | F     | 01/12/15 | West Suffolk Club Championships 2015              | Bury St Edmunds | West Suffolk    | 4     |
| 2:42.27 | 229    | F     | 21/11/15 | Deben SC Open Meet 2015                           | Woodbridge      | West Suffolk    | 3     |
| 2:46.83 | 211    | F     | 03/10/15 | West Suffolk SC The Neate Meet                    | Bury St Edmunds | West Suffolk    | 3     |
| 2:51.85 | 193    |       | 28/06/15 | Suffolk County ASA Development Championships      | Newmarket       | West Suffolk    | 3     |
| 2:56.70 | 177    | F     | 09/05/15 | West Suffolk Spring Development Meet              | Bury St Edmunds | West Suffolk    | 3     |
| 2:55.71 | 180    | F     | 18/04/15 | Newmarket & District Seventh Open Meet            | Newmarket       | West Suffolk    | 3     |
| 2:55.06 | 182    | F     | 29/11/14 | Deben Open Meet                                   | Deben           | West Suffolk    | 3     |
| 3:01.18 | 164    | F     | 22/11/14 | West Suffolk Club Championships                   | Bury St Edmunds | West Suffolk    | 4     |
| 3:22.59 | 118    | F     | 12/10/14 | West Suffolk SC Novice Gala                       | Bury St Edmunds | West Suffolk    | 3     |
| 3:40.60 | 91     |       | 12/01/14 | Sudbury & District January Time Trials            | Sudbury         | West Suffolk    | 3     |
| 3:57.71 | 73     | F     | 06/10/13 | West Suffolk SC Novice Gala 2013                  | Bury St Edmunds | West Suffolk    | 3     |
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