

# Individual Best Times (All Time)

James Murphy - (1115637) - Maidenhead ASC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	26.11	25.30	513	29/01/22	Berkshire & South Bucs County & Age Group Champs	Wycombe	SE220085	1
100 Freestyle	56.99	55.50	555	30/01/22	Berkshire & South Bucs County & Age Group Champs	Wycombe	SE220085	1
200 Freestyle	2:04.51	2:01.70	549	16/01/22	Berkshire & South Bucs County & Age Group Champs	Wycombe	SE220084	1
400 Freestyle	4:38.90	4:33.80	491	19/02/23	Wycombe Dual Award L3 LC Meet 2023	High Wycombe	SE230268	3
1500 Freestyle	21:13.42	20:57.10	320	14/01/17	Berks & Sth Bucks ASA 2017 County Championships	Wycombe	SE170067	1
50 Breaststroke	31.20	30.20	575	07/04/23	Portsmouth Northsea SC Easter Meet 2023	Portsmouth	SE230029	1
100 Breaststroke	1:09.41	1:07.60	550	30/04/22	Swim England South East Summer Championships	Wycombe	SE220755	1
200 Breaststroke	2:33.90	2:30.40	542	15/01/22	Berkshire & South Bucs County & Age Group Champs	Wycombe	SE220084	1
50 Butterfly	27.26	26.60	545	15/01/22	Berkshire & South Bucs County & Age Group Champs	Wycombe	SE220084	1
100 Butterfly	1:01.61	1:00.40	517	29/01/22	Berkshire & South Bucs County & Age Group Champs	Wycombe	SE220085	1
50 Backstroke	33.13	32.50	359	17/09/22	Wycombe District SC Club Championships 2022	Wycombe	SE221784	4
100 Backstroke	1:06.63	1:05.40	464	04/08/22	Swim Wales Summer Open 2022	Swansea	WL220741	1
200 Individual Medley	2:16.41	2:13.50	583	13/03/22	2022 Wycombe Long Course Premier Meet	High Wycombe	SE220336	1
400 Individual Medley	4:55.30	4:49.30	553	30/01/22	Berkshire & South Bucs County & Age Group Champs	Wycombe	SE220085	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	25.68	26.50	483	28/11/21	2021 Wycombe SC L3 County & Regional Qualifier	High Wycombe	SE210859	3
100 Freestyle	55.70	57.20	521	16/10/21	Team Bath AS TYR Super Series	Millfield	SW210423	2
200 Freestyle	2:02.82	2:05.60	529	28/11/21	2021 Wycombe SC L3 County & Regional Qualifier	High Wycombe	SE210859	3
400 Freestyle	4:35.53	4:40.60	457	20/06/19	Windsor 2019 Club Championships	Windsor	SE191367	4
800 Freestyle	9:33.68	9:43.70	461	23/06/19	Windsor 2019 Club Championships	Windsor	SE191368	4
1500 Freestyle	18:51.98	19:10.10	418	30/06/18	Windsor Club Championships 2018	Eton College	SE181816	4
50 Breaststroke	30.25	31.30	561	05/11/23	SE South East Regional Winter Championships 2023	Winchester	SE232053	2
100 Breaststroke	1:06.46	1:08.30	575	04/11/23	SE South East Regional Winter Championships 2023	Winchester	SE232053	2
200 Breaststroke	2:27.42	2:30.90	541	26/03/23	Amersham SC Regional Qualifier SC Meet 2023	Chiltern	SE230327	3
50 Butterfly	27.25	27.90	508	05/11/23	SE South East Regional Winter Championships 2023	Winchester	SE232053	2
100 Butterfly	1:01.21	1:02.40	475	21/11/21	Guildford City SC L2 Winter Open Meet	Surrey	SE210855	2
200 Butterfly	2:49.79	2:51.60	249	27/09/18	Windsor Club Championships 2018	Windsor LC	SE181819	4
50 Backstroke	29.64	30.30	415	26/03/22	Amersham Inaugural Regional Qualifier Invitational	Chilterns Cen	SE220489	3
100 Backstroke	1:03.97	1:05.20	431	26/03/22	Amersham Inaugural Regional Qualifier Invitational	Chilterns Cen	SE220489	3
200 Backstroke	2:32.24	2:34.40	334	22/09/19	Windsor 2019 Club Championships	Maidenhead	SE191372	4
200 Individual Medley	2:11.99	2:14.90	573	21/11/21	Guildford City SC L2 Winter Open Meet	Surrey	SE210855	2
400 Individual Medley	4:47.33	4:53.40	545	26/11/21	2021 Wycombe SC L3 County & Regional Qualifier	High Wycombe	SE210859	3
100 Individual Medley	1:06.03	1:06.00	415	20/06/19	Windsor 2019 Club Championships	Windsor	SE191367	4