

# Individual Best Times (All Time)

Joseph Mchugh - (1155590) - Hillingdon Swimming Club

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	39.62	39.10	147	22/09/13	Hillingdon SC 3rd Autumn Sprints Meet	Hillingdon	LR3470	3
100 Freestyle	1:35.03	1:34.10	119	21/09/14	Hillingdon Autumn Open Meet	Hillingdon	LR4402	3
50 Breaststroke	58.61	58.10	86	21/09/14	Hillingdon Autumn Open Meet	Hillingdon	LR4402	3
100 Breaststroke	2:06.96	2:06.00	89	21/09/14	Hillingdon Autumn Open Meet	Hillingdon	LR4402	3
50 Backstroke	46.00	45.60	134	22/09/13	Hillingdon SC 3rd Autumn Sprints Meet	Hillingdon	LR3470	3
100 Backstroke	1:40.76	1:40.00	134	21/09/14	Hillingdon Autumn Open Meet	Hillingdon	LR4402	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	37.76	38.30	152	23/11/14	Watford MD & Sprints Open Meet	Watford	ER4664	3
100 Freestyle	1:25.26	1:26.20	145	11/10/15	Hillingdon Autumn Short Course Meet 2015	Hillingdon	LR151546	3
200 Freestyle	2:59.64	3:01.60	169	08/03/15	Hillingdon RNSS House Club Champs	Northwood	LR150683	4
400 Freestyle	6:50.85	6:54.30	137	18/06/14	Hillingdon SC RNSS Club Championships 2014	Hillingdon	LR4585	4
50 Breaststroke	53.59	54.20	100	09/11/14	Hillingdon RNSS Club Championships	Hillingdon	LR4590	4
200 Breaststroke	4:08.56	4:10.70	112	18/05/14	Hillingdon RNSS Club Champs	Northwood	LR4274	4
50 Butterfly	45.09	45.50	112	11/10/15	Hillingdon Autumn Short Course Meet 2015	Hillingdon	LR151546	3
200 Butterfly	4:01.77	4:03.10	86	08/03/15	Hillingdon RNSS House Club Champs	Northwood	LR150683	4
50 Backstroke	44.43	44.90	123	28/06/14	Hoddesdon Summer Sprint 2014	Borehamwood	ER4350	3
100 Backstroke	1:34.07	1:34.90	135	11/10/15	Hillingdon Autumn Short Course Meet 2015	Hillingdon	LR151546	3
200 Backstroke	3:20.62	3:22.30	145	08/03/15	Hillingdon RNSS House Club Champs	Northwood	LR150683	4
200 Individual Medley	3:25.38	3:27.30	152	10/05/15	Hillingdon RNSS House Club Champs	Northwood	LR150684	4
400 Individual Medley	7:39.57	7:43.40	133	15/10/14	Hillingdon SC RNSS Club Championships 2014	Hillingdon	LR4585	4