

Individual Best Times (All Time)

Jack Wood-Murphy - (1157322) - Romford Town SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.13	29.40	334	06/02/16	Essex Age Group Championships 2016	London	ER160003	1
100 Freestyle	1:06.00	1:04.70	357	23/01/16	Essex Age Group Championships 2016	Basildon	ER160002	1
200 Freestyle	2:35.44	2:33.20	282	11/07/15	Bishops Stortford End of Season LC Open Meet	Luton	ER150028	3
50 Breaststroke	39.56	38.80	282	06/02/16	Essex Age Group Championships 2016	London	ER160003	1
100 Breaststroke	1:26.26	1:24.80	286	20/02/16	Essex Age Group Championships 2016	Basildon	ER160005	1
200 Breaststroke	3:01.44	2:58.50	330	24/01/16	Essex Age Group Championships 2016	Basildon	ER160002	1
50 Butterfly	34.17	33.60	276	06/02/16	Essex Age Group Championships 2016	London	ER160003	1
100 Butterfly	1:25.59	1:24.70	192	11/07/15	Bishops Stortford End of Season LC Open Meet	Luton	ER150028	3
50 Backstroke	37.60	37.10	245	06/02/16	Essex Age Group Championships 2016	London	ER160003	1
100 Backstroke	1:18.91	1:17.90	279	24/01/16	Essex Age Group Championships 2016	Basildon	ER160002	1
200 Individual Medley	2:56.76	2:54.50	268	11/04/15	Killerwhales Mid Qualifying Meet	Basildon	LR150206	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.73	30.40	311	20/12/15	LBRSC Last Chance County Qualifying Meet 2015	Fullwell Cross	LR150757	3
100 Freestyle	1:05.40	1:06.70	322	20/12/15	LBRSC Last Chance County Qualifying Meet 2015	Fullwell Cross	LR150757	3
200 Freestyle	3:05.58	3:07.40	153	01/12/13	Thurrock County Qualifier	Thurrock	ER3291	3
400 Freestyle	5:35.47	5:39.60	253	29/03/15	Redbridge March Regional Qualifier	Fullwell Cross	LR150168	3
50 Breaststroke	39.70	40.50	248	15/02/15	Essex County Age Group Championships 2015	Basildon	CC150045	2
100 Breaststroke	1:25.78	1:27.20	267	20/12/15	LBRSC Last Chance County Qualifying Meet 2015	Fullwell Cross	LR150757	3
200 Breaststroke	3:08.76	3:11.50	257	17/01/15	Essex County Age Group Championships 2015	Basildon	CC150043	2
50 Butterfly	34.81	35.40	243	20/12/15	LBRSC Last Chance County Qualifying Meet 2015	Fullwell Cross	LR150757	3
50 Backstroke	50.89	51.30	82	29/09/13	Romford Town SC 3rd David Jacobs Memorial	Romford	LR3499	3
100 Backstroke	1:19.20	1:20.20	227	29/03/15	Redbridge March Regional Qualifier	Fullwell Cross	LR150168	3
200 Individual Medley	2:55.91	2:58.10	242	28/03/15	Redbridge March Regional Qualifier	Fullwell Cross	LR150168	3
100 Individual Medley	1:20.78	1:20.80	227	18/01/15	Essex County Age Group Championships 2015	Basildon	CC150043	2