

Individual Best Times (All Time)

Jonah McIntyre - (1172897) - Windsor SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.38	26.60	445	25/05/24	AP Race International 2024	London	GBR2389	1
100 Freestyle	1:08.48	1:07.20	320	07/12/19	Windsor SC Long Course L3 Open Meet	Aldershot	SE193115	3
200 Freestyle	2:28.32	2:26.00	325	08/12/19	Windsor SC Long Course L3 Open Meet	Aldershot	SE193115	3
50 Breaststroke	46.65	46.00	172	10/03/18	Windsor LC L3 Regional Chaser Open Meet	Aldershot	SE180768	3
100 Breaststroke	2:05.22	2:04.20	93	19/02/17	WDSC BC Age Group Long Course Meet 2017	Wycombe	SE170369	3
50 Butterfly	29.08	28.40	449	15/07/23	Rushmoor Royals End of Season LC L3 Open Meet 2023	Aldershot	SE231388	3
100 Butterfly	1:05.96	1:04.80	421	16/07/23	Rushmoor Royals End of Season LC L3 Open Meet 2023	Aldershot	SE231388	3
200 Butterfly	2:50.41	2:48.50	271	08/12/19	Windsor SC Long Course L3 Open Meet	Aldershot	SE193115	3
50 Backstroke	52.72	52.30	89	19/02/17	WDSC BC Age Group Long Course Meet 2017	Wycombe	SE170369	3
100 Backstroke	1:52.64	1:51.90	96	18/02/17	WDSC BC Age Group Long Course Meet 2017	Wycombe	SE170369	3
200 Individual Medley	3:23.54	3:21.60	175	10/03/18	Windsor LC L3 Regional Chaser Open Meet	Aldershot	SE180768	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.01	27.80	415	12/05/24	Windsor Spring Open Meet 2024	Maidenhead	SE240577	3
100 Freestyle	59.66	1:01.00	424	11/05/24	Windsor Spring Open Meet 2024	Maidenhead	SE240577	3
200 Freestyle	2:17.28	2:19.80	379	29/09/22	Windsor SC Club Championships	Ascot	SE221773	4
400 Freestyle	4:52.33	4:57.10	382	05/12/21	Windsor SC County Chaser Open Meet	Maidenhead	SE210739	3
800 Freestyle	10:18.46	10:27.70	368	25/09/22	Windsor SC Club Championships	Eton	SE221772	4
1500 Freestyle	20:45.84	21:02.30	314	15/09/19	Windsor 2019 Club Championships	Maidenhead	SE191370	4
50 Breaststroke	38.18	39.00	279	23/06/24	Windsor Club Champs 2024	Maidenhead	SE241270	4
100 Breaststroke	1:22.89	1:24.40	296	28/09/23	Windsor SC Club Championships 2023	Windsor	SE231090	4
200 Breaststroke	3:19.26	3:21.90	219	23/09/23	Windsor SC Club Championships 2023	Eton	SE231089	4
50 Butterfly	29.11	29.80	417	17/03/24	City of Oxford SC L3March	Oxford	SE240427	3
100 Butterfly	1:06.41	1:07.50	372	02/12/23	Windsor SC County Chaser Open Meet 2023	Maidenhead	SE231702	3
200 Butterfly	2:37.66	2:39.70	311	16/10/22	Windsor SC Club Championships	Maidenhead	SE221774	4
50 Backstroke	36.53	37.10	221	23/09/23	Windsor SC Club Championships 2023	Eton	SE231089	4
100 Backstroke	1:22.49	1:23.50	201	25/06/23	Windsor SC Club Championships 2023	Maidenhead	SE231088	4
200 Backstroke	2:51.30	2:53.20	234	15/06/23	Windsor SC Club Championships 2023	Windsor	SE231087	4
200 Individual Medley	2:50.21	2:52.50	267	04/07/21	Windsor	Windsor	LEX2904	0
400 Individual Medley	5:42.32	5:47.40	322	15/06/23	Windsor SC Club Championships 2023	Windsor	SE231087	4
100 Individual Medley	1:19.87	1:19.90	234	20/06/19	Windsor 2019 Club Championships	Windsor	SE191367	4