

# Individual Best Times (All Time)

Joseph Doncom - (1206671) - Hamble Aquatics Swim Team

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.15	28.40	369	06/04/19	Crawley Spring Open	Crawley	SE190011	1
100 Freestyle	1:03.82	1:02.50	395	08/12/19	PN Christmas Last Chance County Qualifier	Portsmouth	SE192815	3
200 Freestyle	2:21.86	2:19.40	371	15/12/18	Portsmouth Northsea Christmas Meet 2018	Mountbatten SC	SE182213	3
400 Freestyle	5:13.80	5:09.30	344	20/01/18	Hampshire County Championships 2018	Portsmouth	SE180160	1
800 Freestyle	10:11.25	10:01.70	404	18/01/19	Hampshire County ASA Championships 2019	Portsmouth	SE190342	1
1500 Freestyle	20:38.82	20:22.00	347	21/01/18	Hampshire County Championships 2018	Portsmouth	SE180160	1
50 Breaststroke	36.67	35.80	354	07/04/19	Crawley Spring Open	Crawley	SE190011	1
100 Breaststroke	1:17.83	1:16.20	390	19/04/19	Portsmouth Northsea Easter Meet	Mountbatten SC	SE190069	1
200 Breaststroke	2:50.03	2:46.90	401	20/04/19	Portsmouth Northsea Easter Meet	Mountbatten SC	SE190069	1
50 Butterfly	31.04	30.40	369	19/04/19	Portsmouth Northsea Easter Meet	Mountbatten SC	SE190069	1
100 Butterfly	1:12.55	1:11.50	316	20/04/19	Portsmouth Northsea Easter Meet	Mountbatten SC	SE190069	1
50 Backstroke	35.20	34.60	299	17/03/19	Atlantis Regional Chaser 2019	Crawley	SE190154	3
100 Backstroke	1:15.74	1:14.70	316	06/04/19	Crawley Spring Open	Crawley	SE190011	1
200 Backstroke	2:51.82	2:49.90	276	17/12/17	Portsmouth Northsea Christmas Meet	Portsmouth	SE172168	3
200 Individual Medley	2:33.22	2:30.60	411	07/04/19	Crawley Spring Open	Crawley	SE190011	1
400 Individual Medley	5:27.12	5:21.70	407	17/03/19	Atlantis Regional Chaser 2019	Crawley	SE190154	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.41	29.10	357	21/07/19	Fareham Nomads Summer Meet 2019	Waterlooville	SE190111	3
100 Freestyle	1:00.31	1:01.70	410	29/06/19	Hampshire County ASA Development Meet 2019	Waterlooville LC	SE192329	3
200 Freestyle	2:14.62	2:17.20	402	20/07/19	Fareham Nomads Summer Meet 2019	Waterlooville	SE190111	3
400 Freestyle	4:39.42	4:44.40	438	23/06/19	Havant & Waterlooville Swim Out Of Your Skin Open	Waterlooville	SE191638	3
800 Freestyle	9:48.37	9:58.10	428	11/11/18	Solent Network Long Distance Meet	Mountbatten SC	SE182336	3
1500 Freestyle	19:04.98	19:22.90	404	09/12/18	Fareham Nomads Winter Distance Meet 2018	Holly Hill, Farnham	SE182752	4
50 Breaststroke	35.32	36.20	352	21/07/19	Fareham Nomads Summer Meet 2019	Waterlooville	SE190111	3
100 Breaststroke	1:17.36	1:19.00	364	10/11/18	National Arena Swimming League South Round 2	Waterlooville	SE182660	3
200 Breaststroke	2:43.57	2:46.80	396	20/07/19	Fareham Nomads Summer Meet 2019	Waterlooville	SE190111	3
50 Butterfly	30.39	31.00	366	12/10/19	Hamble Aquatics Club Championships 2019	Waterlooville	SE193106	4
100 Butterfly	1:09.17	1:10.30	329	02/03/19	18th City of Southampton Open Meet	Southampton	SE190012	3
200 Butterfly	2:40.32	2:42.30	296	18/11/18	Swim Bournemouth Winter Short Course L2 Meet	Bournemouth	SW180271	2
50 Backstroke	32.47	33.10	315	29/06/19	Hampshire County ASA Development Meet 2019	Waterlooville LC	SE192329	3
100 Backstroke	1:12.77	1:13.90	292	02/03/19	18th City of Southampton Open Meet	Southampton	SE190012	3
200 Backstroke	2:33.39	2:35.50	326	13/10/18	Hamble Aquatics SC Club Championships 2018	Waterlooville	SE182348	4
200 Individual Medley	2:26.92	2:29.60	415	21/07/19	Fareham Nomads Summer Meet 2019	Waterlooville	SE190111	3
400 Individual Medley	5:12.85	5:18.40	422	20/07/19	Fareham Nomads Summer Meet 2019	Waterlooville	SE190111	3
100 Individual Medley	1:11.69	1:11.70	324	23/09/18	Littlehampton S.C. County Qualifier Meet 2018	Bognor Regis	SE180849	3