

Individual Best Times (All Time)

Joseph Pennock - (1231100) - Harrogate District SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.87	28.10	379	22/02/20	Yorkshire County Championships Level of Meet	Sheffield	NE200185	1
100 Freestyle	1:04.64	1:03.30	380	22/12/19	City of Leeds Xmas Meet 2019	Leeds	NE190130	3
200 Freestyle	2:41.70	2:39.50	250	14/01/18	City of Derby 17th LC Level 1 Licensed Open Meet	Sheffield	EM180084	1
400 Freestyle	5:28.82	5:24.50	299	08/04/18	Derventio Excel 12th Long Course Open Meet	Sheffield	EM180269	1
50 Breaststroke	44.11	43.40	203	23/02/19	Yorkshire County Championships	Sheffield	NE190129	1
50 Butterfly	28.84	28.20	460	22/02/20	Yorkshire County Championships Level of Meet	Sheffield	NE200185	1
100 Butterfly	1:07.51	1:06.40	393	08/02/20	Yorkshire County Championships Level of Meet	Leeds	NE200184	1
200 Butterfly	2:41.76	2:39.80	317	02/02/20	Yorkshire County Championships Level of Meet	Leeds	NE200183	1
50 Backstroke	32.33	31.70	386	22/02/20	Yorkshire County Championships Level of Meet	Sheffield	NE200185	1
100 Backstroke	1:10.13	1:09.00	398	21/12/19	City of Leeds Xmas Meet 2019	Leeds	NE190130	3
200 Backstroke	2:35.10	2:32.90	375	22/12/19	City of Leeds Xmas Meet 2019	Leeds	NE190130	3
200 Individual Medley	2:39.83	2:37.30	362	22/12/19	City of Leeds Xmas Meet 2019	Leeds	NE190130	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.65	28.40	387	08/10/20	Harrogate District Swimming Club	Harrogate Hydro	LEX008	0
100 Freestyle	1:00.79	1:02.10	401	07/03/20	York City Baths Club Spring Swim Extravaganza 2020	Leeds	NE200161	3
200 Freestyle	2:11.37	2:14.00	432	07/03/20	York City Baths Club Spring Swim Extravaganza 2020	Leeds	NE200161	3
400 Freestyle	5:00.42	5:05.10	352	06/01/19	HARROGATE JANUS A & B GRADE MEET	HARROGATE	NE190225	3
800 Freestyle	10:34.06	10:43.10	342	11/11/19	Harrogate Club Championships	Harrogate	NE193035	4
1500 Freestyle	20:12.32	20:29.20	340	18/11/19	Harrogate Club Championships	Harrogate	NE193036	4
50 Breaststroke	40.81	41.60	228	04/01/20	Harrogate Janus Meet	Harrogate Hydro	NE200095	3
100 Breaststroke	1:40.09	1:41.30	168	12/06/21	Harrogate District	Harrogate Hydro	LEX1878	0
200 Breaststroke	3:16.51	3:19.20	228	07/01/18	Harrogate Janus A & B Grade Meet	Harrogate	NE180140	3
50 Butterfly	28.73	29.40	433	06/11/21	SE North East Region Open Championships (25m) 2021	Sheffield	NE210917	2
100 Butterfly	1:04.32	1:05.50	409	10/10/21	Yorkshire Winter Champs	Leeds	NE210309	2
200 Butterfly	2:38.24	2:40.20	307	31/03/19	Harrogate Spa Town A&B Grade Meet	Harrogate	NE190472	3
50 Backstroke	31.32	32.00	351	10/10/21	Yorkshire Winter Champs	Leeds	NE210309	2
100 Backstroke	1:08.19	1:09.40	356	02/11/19	North East Region Open Championships (25m)	Sheffield	NE192157	2
200 Backstroke	2:30.82	2:33.00	343	22/09/19	Billingham ASC Autumn Meet 2019	Billingham	NE191138	3
200 Individual Medley	2:33.53	2:36.10	364	10/10/21	Yorkshire Winter Champs	Leeds	NE210309	2
400 Individual Medley	5:40.03	5:45.20	329	30/09/19	Harrogate Club Championships	Harrogate	NE193032	4
100 Individual Medley	1:14.67	1:14.70	287	15/06/19	Harrogate Summer A Grade Meet	Harrogate	NE190473	3