

Individual Best Times (All Time)

Joseph Cork - (1423872) - Barnstaple SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	32.17	31.50	274	18/01/24	Devon County Age Group Championships 2024	Plymouth	SW240142	1
100 Freestyle	1:16.05	1:14.90	233	15/01/24	Devon County Age Group Championships 2024	Plymouth	SW240141	1
400 Freestyle	6:04.42	6:00.50	220	16/01/23	Devon County Championships 2023	Plymouth	SW230242	1
100 Butterfly	1:36.87	1:36.10	133	15/01/24	Devon County Age Group Championships 2024	Plymouth	SW240141	1
200 Individual Medley	3:08.46	3:06.40	221	18/01/24	Devon County Age Group Championships 2024	Plymouth	SW240142	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	33.18	33.80	224	08/07/23	Barnstaple SC 2023 Club Champs Day 2	Barnstaple	SW231292	4
100 Freestyle	1:12.70	1:13.80	234	11/11/23	National Arena Swimming League Western 2023 Gala 1	Bridgwater	SW232462	4
200 Freestyle	2:46.46	2:48.50	212	01/07/23	Barnstaple SC Club Championships 2023 Day 1	Barnstaple	SW231266	4
400 Freestyle	5:37.55	5:41.70	248	04/12/23	Barnstaple SC 2023 400m Club Championships	Takka LC	SW232320	4
50 Breaststroke	48.89	49.50	132	01/07/23	Barnstaple SC Club Championships 2023 Day 1	Barnstaple	SW231266	4
50 Butterfly	42.75	43.20	131	08/07/23	Barnstaple SC 2023 Club Champs Day 2	Barnstaple	SW231292	4
100 Butterfly	1:40.78	1:41.50	106	01/10/23	Tiverton Sparkler 2023	Tiverton	SW230694	3
50 Backstroke	45.53	46.00	114	01/10/22	Barnstaple Swimming Club Championships	Barnstaple	SW221979	4
200 Individual Medley	3:17.03	3:19.00	172	01/07/23	Barnstaple SC Club Championships 2023 Day 1	Barnstaple	SW231266	4
100 Individual Medley	1:27.53	1:27.50	178	01/10/23	Tiverton Sparkler 2023	Tiverton	SW230694	3