

Individual Best Times (All Time)

Rocco Murphy - (1453566) - Nuneaton & Bedworth SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.32	29.60	328	01/05/23	West Midland Regional Summer Championships 2023	Coventry	WM230351	1
100 Freestyle	1:03.51	1:02.20	401	04/02/24	Warwickshire County ASA 2024 County Championships	Coventry	WM240114	1
200 Freestyle	2:17.67	2:15.10	406	04/05/24	SE West Midland Summer Championships 2024	Birmingham	WM240648	1
400 Freestyle	4:58.60	4:53.90	400	08/05/23	West Midland Regional Summer Championships 2023	Coventry	WM230352	1
50 Breaststroke	34.31	33.40	432	17/03/24	Derby Excel Spring Qualifier 2024	Sheffield	EM240136	1
100 Breaststroke	1:12.76	1:11.00	477	16/03/24	Derby Excel Spring Qualifier 2024	Sheffield	EM240136	1
200 Breaststroke	2:37.99	2:34.60	500	07/04/24	Derby Excel April Meet	Sheffield	EM240430	1
50 Backstroke	35.50	34.90	291	21/01/24	Warwickshire County ASA 2024 County Championships	Coventry	WM240113	1
100 Backstroke	1:15.92	1:14.90	313	03/02/24	Warwickshire County ASA 2024 County Championships	Coventry	WM240114	1
200 Backstroke	2:43.56	2:41.50	320	17/03/24	Derby Excel Spring Qualifier 2024	Sheffield	EM240136	1
200 Individual Medley	2:31.35	2:28.70	427	28/04/24	SE West Midland Summer Championships 2024	Birmingham	WM240647	1
400 Individual Medley	5:25.51	5:20.10	413	06/04/24	Derby Excel April Meet	Sheffield	EM240430	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.78	30.50	310	17/09/23	Nuneaton & Bedworth SC September Sprint Meet 2023	Nuneaton	WM230579	3
100 Freestyle	1:02.62	1:03.90	367	17/09/23	Nuneaton & Bedworth SC September Sprint Meet 2023	Nuneaton	WM230579	3
200 Freestyle	2:15.47	2:18.00	394	19/11/23	Nuneaton & Bedworth Club Championships 2023	Nuneaton	WM232237	4
400 Freestyle	4:39.75	4:44.70	436	09/03/24	Nuneaton & Bedworth Delia Reynolds Spring Open 24	Pingles LC	WM240008	3
50 Breaststroke	33.88	34.80	399	15/12/23	Swim Wales Winter Championships 2023	Swansea	WL232016	2
100 Breaststroke	1:12.51	1:14.20	443	16/12/23	Swim Wales Winter Championships 2023	Swansea	WL232016	2
200 Breaststroke	2:34.74	2:38.10	468	04/11/23	SE West Midlands Winter Championships 2023	Sandwell	WM232038	2
50 Butterfly	32.63	33.20	296	10/03/24	Nuneaton & Bedworth Delia Reynolds Spring Open 24	Pingles LC	WM240008	3
100 Butterfly	1:12.95	1:14.00	280	23/06/24	Nuneaton & Bedworth End of Season Open Meet 2024	Nuneaton	WM240690	3
50 Backstroke	34.61	35.20	260	11/03/23	Nuneaton & Bedworth SC Delia Reynolds Open Meet 23	Nuneaton	WM230285	3
100 Backstroke	1:11.87	1:13.00	304	10/03/24	Nuneaton & Bedworth Delia Reynolds Spring Open 24	Pingles LC	WM240008	3
200 Backstroke	2:34.48	2:36.60	319	08/10/23	Coventry & District October Meet 2023	Coventry	WM231380	3
200 Individual Medley	2:28.77	2:31.40	400	15/12/23	Swim Wales Winter Championships 2023	Swansea	WL232016	2
400 Individual Medley	5:22.37	5:27.80	386	08/10/23	Coventry & District October Meet 2023	Coventry	WM231380	3
100 Individual Medley	1:25.78	1:25.80	189	19/09/21	Nuneaton & Bedworth September Sprint Meet	Nuneaton	WM210356	3