

Individual Best Times (All Time)

Joseph Monk - (1498446) - Leyland Barracudas Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	35.20	34.60	209	11/02/24	Lancashire County Championships 2024	Manchester	NW240297	1
50 Butterfly	39.11	38.60	184	11/02/24	Lancashire County Championships 2024	Manchester	NW240297	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	33.83	34.40	211	23/06/24	Wigan Best Future Stars June Meet 2024	Wigan	NW240734	3
100 Freestyle	1:16.96	1:18.00	197	03/03/24	Burnley Bobcats 2024	Darwen	NW240098	3
200 Freestyle	3:13.35	3:15.10	135	09/07/23	Leyland Barracudas ASC Distance Gala 2023	Leyland	NW231621	4
50 Breaststroke	51.94	52.50	110	13/04/24	Leyland Barracudas Sprint Gala 2024	Leyland	NW240704	4
100 Breaststroke	1:53.43	1:54.50	115	13/04/24	Leyland Barracudas Sprint Gala 2024	Leyland	NW240704	4
200 Breaststroke	4:49.97	4:51.80	71	12/06/22	Leyland Barracudas Distance Gala 2022	Leyland	NW221070	4
50 Butterfly	38.09	38.60	186	02/03/24	Burnley Bobcats 2024	Darwen	NW240098	3
100 Butterfly	1:33.32	1:34.10	134	13/04/24	Leyland Barracudas Sprint Gala 2024	Leyland	NW240704	4
50 Backstroke	40.13	40.60	167	02/03/24	Burnley Bobcats 2024	Darwen	NW240098	3
100 Backstroke	1:30.50	1:31.40	152	13/04/24	Leyland Barracudas Sprint Gala 2024	Leyland	NW240704	4
200 Backstroke	3:28.50	3:30.10	130	08/07/23	Leyland Barracudas ASC Distance Gala 2023	Leyland	NW231621	4
200 Individual Medley	3:08.43	3:10.50	196	23/06/24	Wigan Best Future Stars June Meet 2024	Wigan	NW240734	3
100 Individual Medley	1:40.58	1:40.60	117	19/11/23	Leyland Barracudas ASC Club Championships 2023	Leyland	NW232520	4