

Individual Best Times (All Time)

Heath Murphy - (1582612) - Nuneaton & Bedworth SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.11	30.40	303	21/01/24	Warwickshire County ASA 2024 County Championships	Coventry	WM240113	1
100 Freestyle	1:07.37	1:06.10	336	16/03/24	Derby Excel Spring Qualifier 2024	Sheffield	EM240136	1
200 Freestyle	2:23.86	2:21.40	356	04/05/24	SE West Midland Summer Championships 2024	Birmingham	WM240648	1
50 Breaststroke	36.54	35.70	358	06/05/24	SE West Midland Summer Championships 2024	Birmingham	WM240648	1
100 Breaststroke	1:20.83	1:19.30	348	28/04/24	SE West Midland Summer Championships 2024	Birmingham	WM240647	1
200 Breaststroke	2:55.25	2:52.20	367	11/05/24	Plymouth Leander Last Chance Nat Qualifier L1 2024	Plymouth	SW240649	1
50 Backstroke	36.05	35.50	278	27/04/24	SE West Midland Summer Championships 2024	Birmingham	WM240647	1
100 Backstroke	1:20.50	1:19.50	263	08/05/23	West Midland Regional Summer Championships 2023	Coventry	WM230352	1
200 Backstroke	2:46.83	2:44.80	301	20/01/24	Warwickshire County ASA 2024 County Championships	Coventry	WM240113	1
200 Individual Medley	2:41.69	2:39.20	350	28/04/24	SE West Midland Summer Championships 2024	Birmingham	WM240647	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.07	30.80	301	23/06/24	Nuneaton & Bedworth End of Season Open Meet 2024	Nuneaton	WM240690	3
100 Freestyle	1:09.75	1:10.90	265	19/11/23	Nuneaton & Bedworth Club Championships 2023	Nuneaton	WM232237	4
200 Freestyle	2:25.05	2:27.40	321	10/03/24	Nuneaton & Bedworth Delia Reynolds Spring Open 24	Pingles LC	WM240008	3
400 Freestyle	4:57.29	5:02.00	363	23/06/24	Nuneaton & Bedworth End of Season Open Meet 2024	Nuneaton	WM240690	3
50 Breaststroke	38.49	39.30	272	26/11/23	Junior Inter-League Grand Final 2023	Corby	EM232565	4
100 Breaststroke	1:23.03	1:24.50	295	09/03/24	Nuneaton & Bedworth Delia Reynolds Spring Open 24	Pingles LC	WM240008	3
200 Breaststroke	3:05.59	3:08.40	271	17/12/23	Swim Wales Winter Championships 2023	Swansea	WL232016	2
50 Butterfly	44.01	44.40	120	22/05/22	Coventry & District ASC May Meet 2022	Coventry	WM220616	3
50 Backstroke	35.10	35.70	249	03/12/23	Nuneaton & Bedworth SC Terry Freeman Open Meet	Nuneaton	WM231000	3
100 Backstroke	1:19.59	1:20.60	223	17/09/23	Nuneaton & Bedworth SC September Sprint Meet 2023	Nuneaton	WM230579	3
200 Backstroke	2:41.69	2:43.70	278	10/03/24	Nuneaton & Bedworth Delia Reynolds Spring Open 24	Pingles LC	WM240008	3
200 Individual Medley	2:45.69	2:48.10	289	09/03/24	Nuneaton & Bedworth Delia Reynolds Spring Open 24	Pingles LC	WM240008	3
100 Individual Medley	1:42.03	1:42.00	112	02/10/21	Coventry & District October 2021 Swim Meet	Coventry	WM210415	3