

Individual Best Times (All Time)

Jay Munkley - (179909) - Hertsmere Flyers SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	25.63	24.80	543	31/03/12	City of Sheffield Premier Meet	Sheffield	NE2143	1
100 Freestyle	55.93	54.40	588	02/10/11	Sherwood Colliery Robin Hood Open Meet	Sheffield	EM1319	1
200 Freestyle	2:04.61	2:01.80	548	17/12/11	City of Leeds Christmas Cracker	Leeds	NE1330	1
400 Freestyle	4:35.90	4:30.80	507	07/06/08	East Region Bagcat Champs	Norwich	ERX811	1
800 Freestyle	9:42.11	9:32.10	468	07/06/08	East Region Bagcat Champs	Norwich	ERX811	1
50 Breaststroke	34.33	33.40	431	26/03/11	City of Sheffield Premier Meet	Sheffield	NE1117	1
100 Breaststroke	1:25.42	1:23.90	295	11/01/08	Welsh New Year Dragon	Swansea	WAL175	1
50 Butterfly	27.70	27.00	519	06/05/12	ASA East Region Youth Championships	Basildon	ERX203	1
100 Butterfly	1:03.20	1:02.00	479	06/05/12	ASA East Region Youth Championships	Basildon	ERX203	1
200 Backstroke	2:41.21	2:39.10	334	09/06/07	ASA East Region Bagcats	Norwich	ERX720	1
200 Individual Medley	2:36.44	2:33.90	386	01/12/07	Snow Frills Winter Meet	Sheffield	NE7056	1
400 Individual Medley	5:33.31	5:28.00	385	02/12/07	Snow Frills Winter Meet	Sheffield	NE7056	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	25.26	26.10	508	03/12/11	BG East Region Winter Championships	Norwich	ERX129	2
100 Freestyle	54.81	56.30	547	04/02/12	Hatfield UKC Valentines Meet	Hatfield	ER2163	2
200 Freestyle	2:01.02	2:03.80	553	06/03/11	Hertfordshire County Championships	Borehamwood	CC1116	2
400 Freestyle	4:27.78	4:33.00	497	17/05/08	Enfield Open & Borough	Enfield	LR8172	3
800 Freestyle	10:13.08	10:22.40	378	21/01/07	Biggleswade 8th Open Meet	Biggleswade	ER7001	2
50 Breaststroke	33.45	34.40	414	02/02/14	Hertsmere Flyers Last Chance "No Frills" Gala	Barnet	ER4090	3
100 Breaststroke	1:21.02	1:22.60	317	09/11/08	Barnet Cophall 100 Meet	Barnet	LR8293	3
200 Breaststroke	2:51.42	2:54.50	344	01/03/08	Hertfordshire Champs	Borehamwood	CC8008	2
50 Butterfly	27.35	28.00	502	24/11/13	Watford Middle Distance & 50m Sprint Open	Watford	ER3898	3
100 Butterfly	1:00.84	1:02.10	484	04/02/12	Hatfield UKC Valentines Meet	Hatfield	ER2163	2
200 Butterfly	2:38.49	2:40.50	306	20/01/08	Barnet Cophall 200 Meet	Barnet	LR8030	3
50 Backstroke	36.35	36.90	225	10/03/07	Hertfordshire Champs	Borehamwood	CC7009	2
100 Backstroke	1:16.04	1:17.10	256	17/03/07	Hertfordshire Champs	Borehamwood	CC7010	2
200 Backstroke	2:33.14	2:35.30	328	19/10/08	Barnet Cophall 200s Meet	Barnet	LR8296	3
200 Individual Medley	2:27.75	2:30.40	408	07/03/09	Hertfordshire Champs	Borehamwood	CC9004	2
400 Individual Medley	5:18.03	5:23.50	402	13/04/08	Luton Short Course Open	Barnet	ER8135	2
100 Individual Medley	1:12.15	1:12.20	318	09/11/08	Barnet Cophall 100 Meet	Barnet	LR8293	3