

# Individual Best Times (All Time)

Joseph Markham - (358977) - Sheffield City SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	26.65	25.90	483	23/04/22	Stocksbridge Pentaqua Spring Open Meet 2022	Sheffield	NE220476	3
100 Freestyle	1:00.37	59.00	467	03/09/22	Sheffield & District ASA Championships	Ponds Forge	NE221648	4
200 Freestyle	2:22.16	2:19.70	369	08/09/19	Sheffield & District ASA Championships	Sheffield	NE191611	4
400 Freestyle	5:19.25	5:14.80	327	03/02/13	Sheffield & District ASA Championships	Sheffield	NE3188	4
50 Breaststroke	32.58	31.60	505	17/02/24	Yorkshire SA Championships 2024	Sheffield	NE240026	1
100 Breaststroke	1:13.63	1:11.90	461	03/02/24	Yorkshire SA Championships 2024	Leeds	NE240024	1
200 Breaststroke	2:38.77	2:35.40	493	17/03/24	Derby Excel Spring Qualifier 2024	Sheffield	EM240136	1
50 Butterfly	29.68	29.00	422	27/01/24	Rotherham Metro 'A' & 'B' Grade LC Meet 2024	Sheffield	NE240018	3
100 Butterfly	1:11.40	1:10.30	332	03/09/22	Sheffield & District ASA Championships	Ponds Forge	NE221648	4
200 Butterfly	3:28.59	3:27.10	148	23/02/08	Yorkshire County Champs	Leeds	CC8040	2
50 Backstroke	31.13	30.50	432	18/02/23	Yorkshire Swimming Association Championships 2023	Sheffield	NE230056	1
100 Backstroke	1:11.24	1:10.10	379	27/01/24	Rotherham Metro 'A' & 'B' Grade LC Meet 2024	Sheffield	NE240018	3
200 Backstroke	2:41.80	2:39.70	330	03/09/22	Sheffield & District ASA Championships	Ponds Forge	NE221648	4
200 Individual Medley	2:33.75	2:31.20	407	11/09/22	Sherwood Colliery SC The Robin Hood Open Meet	Sheffield	EM220642	3
400 Individual Medley	6:32.96	6:28.50	235	03/06/07	ASANER Bagcat Champs	Sheffield	NER706	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	25.69	26.50	483	02/07/23	Rotherham Metro A & B Grade SC Meet 2023	Sheffield	NE230499	3
100 Freestyle	57.64	59.10	470	10/07/22	Borough of Barnsley SC 13th Annual Summer Sizzler	Ponds Forge	NE220433	3
200 Freestyle	2:07.94	2:10.60	468	01/07/23	Rotherham Metro A & B Grade SC Meet 2023	Sheffield	NE230499	3
400 Freestyle	4:40.32	4:45.30	434	02/07/23	Rotherham Metro A & B Grade SC Meet 2023	Sheffield	NE230499	3
50 Breaststroke	31.54	32.50	495	04/11/23	NE Regional Open Championships (25m) 2023	Sheffield	NE231348	2
100 Breaststroke	1:10.48	1:12.20	482	10/07/22	Borough of Barnsley SC 13th Annual Summer Sizzler	Ponds Forge	NE220433	3
200 Breaststroke	2:31.54	2:35.00	498	04/11/23	NE Regional Open Championships (25m) 2023	Sheffield	NE231348	2
50 Butterfly	28.64	29.30	437	30/09/23	City of Leeds Sept/Oct Meet 2023	Leeds	NE230403	3
100 Butterfly	1:06.94	1:08.10	363	02/07/23	Rotherham Metro A & B Grade SC Meet 2023	Sheffield	NE230499	3
200 Butterfly	3:18.88	3:20.50	155	15/12/07	Chesterfield Xmas Meet	Chesterfield	EM7240	3
50 Backstroke	30.13	30.80	395	06/11/22	SE North East Open Championships (25m) 2022	Sheffield	NE221572	2
100 Backstroke	1:05.12	1:06.30	408	08/10/22	Yorkshire Swimming Association Winter Competitions	Leeds	NE221235	2
200 Backstroke	3:08.74	3:10.50	175	27/01/07	Harrogate 25th Open Meet	Harrogate	NE7058	2
200 Individual Medley	2:21.84	2:24.60	461	02/07/23	Rotherham Metro A & B Grade SC Meet 2023	Sheffield	NE230499	3
400 Individual Medley	5:14.79	5:20.30	415	30/09/23	City of Leeds Sept/Oct Meet 2023	Leeds	NE230403	3
100 Individual Medley	1:03.52	1:03.50	466	30/09/23	City of Leeds Sept/Oct Meet 2023	Leeds	NE230403	3