

Individual Best Times (All Time)

Richard Murray - (470875) - Sedgefield Water Polo Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	26.26	25.50	504	29/05/17	ASA North East Region Championships	Sunderland	NE170146	1
100 Freestyle	56.77	55.30	562	18/01/20	Rotherham Metro A & B Grade Long Course Meet	Sheffield	NE200092	3
200 Freestyle	2:06.52	2:03.80	523	20/01/18	Rotherham Metro 'A' & 'B' Grade Long Course Meet	Sheffield	NE180029	3
400 Freestyle	4:25.91	4:20.60	566	03/02/18	N & D 2018 Championships	Sunderland	NE180242	1
50 Breaststroke	34.13	33.20	439	19/01/20	Rotherham Metro A & B Grade Long Course Meet	Sheffield	NE200092	3
100 Breaststroke	1:17.73	1:16.10	391	10/02/18	N & D 2018 Championships	Sunderland	NE180243	1
200 Breaststroke	2:49.39	2:46.20	406	20/01/18	Rotherham Metro 'A' & 'B' Grade Long Course Meet	Sheffield	NE180029	3
50 Butterfly	28.91	28.20	457	03/02/18	N & D 2018 Championships	Sunderland	NE180242	1
100 Butterfly	1:03.21	1:02.00	478	20/01/19	Rotherham Metro A & B Long Course Graded Meet	Sheffield	NE190112	3
200 Butterfly	2:20.54	2:18.30	483	05/05/18	North East Region Championships	Sheffield	NE180150	1
50 Backstroke	31.07	30.40	435	29/05/17	ASA North East Region Championships	Sunderland	NE170146	1
100 Backstroke	1:19.07	1:18.00	277	18/01/14	Rotherham Metro SC A & B Grade LC Meet	Sheffield	NE4046	3
200 Backstroke	2:47.87	2:45.90	296	19/01/14	Rotherham Metro SC A & B Grade LC Meet	Sheffield	NE4046	3
200 Individual Medley	2:23.80	2:21.00	498	22/01/17	Rotherham Metro 'A' & 'B' Grade Long Course Meet	Sheffield	NE170150	3
400 Individual Medley	5:12.47	5:06.80	467	31/03/18	Beckenham SC 125th Anniversary International Open	London	LR180255	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	25.67	26.50	484	26/09/21	Billingham Autumn Meet	Billingham	NE210391	3
100 Freestyle	54.84	56.30	546	24/10/21	Middlesbrough ASC Halloween 2021 Meet	Middlesbrough	NE211079	2
200 Freestyle	2:01.24	2:04.10	550	15/05/22	Wear Valley ASC	Bishop Auckland	NE220715	3
400 Freestyle	4:18.25	4:23.60	555	08/12/17	Scottish National Short Course Open Champs	Edinburgh	SCO1389	2
50 Breaststroke	32.60	33.50	448	12/05/18	Wear Valley May L3 Meet	Bishop Auckland	NE180001	3
100 Breaststroke	1:11.07	1:12.80	470	30/11/21	Darlington ASC November Club Gala	Darlington	NE211529	4
200 Breaststroke	2:40.13	2:43.40	422	02/12/17	Derwentside Christmas Cracker Meet 2017	Stanley	NE172237	3
50 Butterfly	28.06	28.70	465	30/11/21	Darlington ASC November Club Gala	Darlington	NE211529	4
100 Butterfly	1:01.16	1:02.40	476	15/05/22	Wear Valley ASC	Bishop Auckland	NE220715	3
200 Butterfly	2:17.45	2:19.70	469	09/12/17	Scottish National Short Course Open Champs	Edinburgh	SCO1389	2
50 Backstroke	29.59	30.30	417	24/05/22	Darlington ASC May Club Gala	Darlington	NE220598	4
100 Backstroke	1:06.44	1:07.60	384	08/03/22	Darlington ASC March Club Gala	Darlington	NE220597	4
200 Backstroke	2:32.30	2:34.50	333	03/04/16	Spa Town Meet	Harrogate	NE160247	3
200 Individual Medley	2:20.92	2:23.70	470	13/03/22	Middlesbrough AA Grade 2022 Gala	Middlesbrough	NE220029	3
400 Individual Medley	5:01.99	5:07.70	470	20/11/16	Tynemouth Winter Gala	Tynemouth	NE161575	3
100 Individual Medley	1:03.12	1:03.10	475	24/05/22	Darlington ASC May Club Gala	Darlington	NE220598	4