

Individual Best Times (All Time)

Joe Northover - (49238) - Newham & University of East Lond

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	24.93	24.10	590	16/05/15	MCASA Long Course Open Meet	Luton	LR150711	1
100 Freestyle	54.43	52.90	638	17/05/15	MCASA Long Course Open Meet	Luton	LR150711	1
200 Freestyle	2:09.81	2:07.10	485	12/04/15	Bexley Long Course Open Meet	Crystal Palace	LR150015	1
50 Butterfly	26.55	25.80	590	11/04/15	Bexley Long Course Open Meet	Crystal Palace	LR150015	1
100 Butterfly	57.64	56.30	631	03/05/15	London Region Summer Championships	Crystal Palace	LR150561	1
50 Backstroke	29.45	28.80	511	12/04/15	Bexley Long Course Open Meet	Crystal Palace	LR150015	1
100 Backstroke	1:03.03	1:01.70	548	17/05/15	MCASA Long Course Open Meet	Luton	LR150711	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	24.16	25.00	581	06/12/14	London Region Winter Championships	London	LRX425	2
100 Freestyle	52.59	54.20	619	07/12/14	London Region Winter Championships	London	LRX425	2
200 Freestyle	1:59.19	2:02.10	579	07/12/14	London Region Winter Championships	London	LRX425	2
400 Freestyle	4:36.75	4:41.80	451	03/04/11	Middlesex County Spring Development Meet	Enfield	LR1217	4
800 Freestyle	9:46.64	9:56.40	431	18/04/10	Middlesex Development	Enfield	LR0243	4
50 Breaststroke	33.25	34.20	422	20/06/15	Haringey Aquatics Summer Championships 2015	Crouch End	LR151132	4
100 Breaststroke	1:13.82	1:15.50	419	04/01/14	Bexley Short Course Open Meet	Bexleyheath	LR4016	3
50 Butterfly	25.60	26.30	613	19/12/15	Christmas at Dagenham	Dagenham	LR152044	3
100 Butterfly	56.68	58.00	599	06/12/14	London Region Winter Championships	London	LRX425	2
200 Butterfly	2:14.89	2:17.20	497	08/03/15	BHSC John Basford Memorial Trophy	Barnet	LR150321	3
50 Backstroke	27.13	27.90	541	14/02/15	Middlesex County Championships 2015	Barnet	CC150223	2
100 Backstroke	1:00.31	1:01.60	514	08/11/15	ASA London Region Winter Short Course Championship	London	LR150872	2
200 Backstroke	2:23.76	2:26.10	396	02/04/11	Middlesex County Spring Development Meet	Enfield	LR1217	4
200 Individual Medley	2:14.09	2:17.00	546	15/03/14	Oxon & North Bucks County Championships	Aylesbury	CC4020	2
100 Individual Medley	1:01.19	1:01.20	522	07/03/15	BHSC John Basford Memorial Trophy	Barnet	LR150321	3