

# Individual Best Times (All Time)

Joseph Murray - (509932) - Putteridge Swimming Club

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	26.72	25.90	479	14/05/16	Team Luton May Long Course Meet	Luton	ER160180	1
100 Freestyle	1:00.25	58.80	470	31/01/16	Bedfordshire Age Group & County Champs	Luton	ER160101	1
200 Freestyle	2:36.62	2:34.40	276	02/04/11	Derwentio Excel Open Meet	Sheffield	EM1083	1
50 Breaststroke	31.05	30.00	583	04/08/16	ASA Summer Nationals 2016	Sheffield	ASA149	1
100 Breaststroke	1:10.55	1:08.70	524	30/04/16	ASA East Region Long Course Championships	Norwich	ER160820	1
200 Breaststroke	2:50.61	2:47.50	397	03/06/12	British Gas ASA East Region BAGCAT Champs	Norwich	ERX201	1
50 Butterfly	29.13	28.50	446	31/05/15	BPSC Level 1 Sprint & 400m No Frills Meet	Basildon	ER150400	1
100 Butterfly	1:08.65	1:07.50	373	14/02/16	Bedfordshire Age Group & County Champs	Luton	ER160102	1
50 Backstroke	49.46	49.10	107	22/11/08	Ealing Graded Meet	Ealing	LR8518	4
200 Backstroke	3:11.50	3:09.70	199	05/06/10	BG East Region Bagcats	Norwich	ERX012	1
200 Individual Medley	2:31.96	2:29.30	422	13/02/16	Bedfordshire Age Group & County Champs	Luton	ER160102	1
400 Individual Medley	5:58.75	5:53.80	308	14/04/12	Radford SC 30th Open Meet	Sheffield	EM2132	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.61	27.40	434	18/10/15	Hemel Hempstead 102nd Birthday Open	Hemel Hempstead	ER151728	2
100 Freestyle	59.27	1:00.70	433	18/10/15	Hemel Hempstead 102nd Birthday Open	Hemel Hempstead	ER151728	2
200 Freestyle	2:15.44	2:18.00	394	03/10/15	Putteridge SC Club Championships	Hitchin	ER150877	4
400 Freestyle	5:23.69	5:28.00	281	06/05/11	West Suffolk Open Meet	Bury St Edmunds	ER1197	2
50 Breaststroke	31.35	32.30	504	08/11/15	ASA East Region Winter Championships 2015	Luton	ER151653	2
100 Breaststroke	1:08.50	1:10.30	525	25/06/16	Putteridge 2016 Club Championship - Gala 1	Hitchin	ER161399	4
200 Breaststroke	2:36.53	2:39.90	452	01/10/16	Putteridge 2016 Club Championships - Gala 2	Hitchin	ER161996	4
50 Butterfly	29.47	30.10	402	13/06/15	Putteridge Club Championships 1, 2, 3	Hitchin	ER150875	4
100 Butterfly	1:11.79	1:12.80	294	30/11/14	Hitchin Open Meet	Hitchin	ER4409	3
200 Butterfly	3:22.03	3:23.60	147	16/07/11	Biggleswade SC Club Championships	Biggleswade	ER1424	4
50 Backstroke	38.51	39.00	189	20/03/11	Bedfordshire County Championships	Biggleswade	CC1107	2
100 Backstroke	1:22.71	1:23.70	199	09/07/11	City of Norwich Midsummer Madness	Norwich	ER1131	3
200 Backstroke	2:49.88	2:51.80	240	26/05/12	Team Luton Club Championships	Luton	ER2463	4
200 Individual Medley	2:29.44	2:32.10	394	13/06/15	Putteridge Club Championships 1, 2, 3	Hitchin	ER150875	4
400 Individual Medley	5:51.09	5:56.10	299	28/04/12	City of Milton Keynes Spring Open Meet	Bletchley	SE2057	2
100 Individual Medley	1:06.59	1:06.60	405	17/10/15	Hemel Hempstead 102nd Birthday Open	Hemel Hempstead	ER151728	2