

Individual Best Times (All Time)

James Mulcahy - (77782) - Croydon Amphibians SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	25.46	24.60	553	27/05/12	Greenwich Borough ASA Beacon Open Meet	Crystal Palace	LR2094	1
100 Freestyle	57.42	55.90	543	03/12/11	BG London Region Winter Championships	London	LRX125	1
200 Freestyle	2:15.74	2:13.20	424	09/05/09	Beckenham Open Meet	Crystal Palace	LR9166	2
400 Freestyle	5:22.84	5:18.50	316	03/06/07	London Bagcat Champs	Crystal Palace	LRX721	1
800 Freestyle	10:13.56	10:04.10	400	31/01/09	Surrey County Champs	Aldershot	CC9056	2
1500 Freestyle	22:05.40	21:49.70	283	18/03/07	Surrey County Champs	Aldershot	CC7057	2
50 Butterfly	27.96	27.30	505	11/03/12	Surrey County Championships	Guildford	CC2093	1
50 Backstroke	33.43	32.80	349	01/05/10	BG London Youth Champs	London	LRX008	1
100 Backstroke	1:26.15	1:25.20	214	01/04/06	Bexley Long Course Open Mt	Crystal Palace	LR6026	2
200 Backstroke	2:57.67	2:55.80	249	06/10/07	Crawley Early Bird Meet	Crawley	SE7241	1
200 Individual Medley	3:32.10	3:30.20	155	12/02/05	Surrey County Championships	Crystal Palace	CCS549	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	24.92	25.70	529	16/06/12	Croydon Borough Annual Championships	Croydon	LR2280	4
100 Freestyle	55.41	56.90	529	19/05/12	Croydon Borough Championships	Croydon	LR2279	4
200 Freestyle	2:12.13	2:14.70	425	16/01/10	Surrey County Development	Guildford	SE0236	3
400 Freestyle	4:45.99	4:50.90	408	25/04/09	Littlehampton Last Chance	Portsmouth	SE9138	2
800 Freestyle	9:59.54	10:09.10	404	08/10/08	Croydon Amphibians Champs	Various	LR8221	4
1500 Freestyle	20:03.26	20:20.30	348	12/11/08	Croydon Amphibians Champs	Croydon	LR8225	4
50 Breaststroke	37.17	38.00	302	18/10/09	Croydon Amphibians Champ	Croydon	LR9675	4
100 Breaststroke	1:23.92	1:25.40	285	15/11/08	Croydon Amphibians Champs	Croydon	LR8222	4
200 Breaststroke	3:01.98	3:04.90	287	03/10/09	Croydon Amphibians Champs	Whitgift	LR9673	4
50 Butterfly	28.07	28.70	465	04/12/11	Croydon Amphibians Club Championships	Croydon	LR1721	4
100 Butterfly	1:09.91	1:11.00	319	15/11/09	Croydon Amphibians Club	Whitgift	LR9676	4
50 Backstroke	32.06	32.70	328	18/09/10	Ken Deeley 50m Sprint Meet	Brighton	SE0515	3
100 Backstroke	1:09.86	1:11.00	331	20/03/10	Croydon Borough Champs	Croydon	LR0238	4
200 Backstroke	2:33.32	2:35.50	327	04/10/09	Croydon Amphibians Champs	Whitgift	LR9673	4
200 Individual Medley	2:32.96	2:35.50	368	25/04/09	Littlehampton Last Chance	Portsmouth	SE9138	2
400 Individual Medley	5:45.54	5:50.60	313	30/09/08	Croydon Amphibians Champs	Croydon	LR8219	4
100 Individual Medley	1:06.95	1:07.00	398	04/11/11	Croydon Amphibians Club Championships	Croydon	LR1721	4