

Individual Best Times (All Time)

Joe Groves - (829649) - Killerwhales SC (Havering)

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.36	27.60	400	25/11/17	Romford Town Early County Qualifier	London Aquatics	LR171748	3
100 Freestyle	1:00.45	59.10	465	29/10/17	Essex Senior Winter Championships 2017	Basildon	ER171405	1
200 Freestyle	2:10.27	2:07.60	480	29/10/17	Essex Senior Winter Championships 2017	Basildon	ER171405	1
400 Freestyle	4:34.91	4:29.80	512	01/05/17	2017 London Swimming Regional Youth Championships	Stratford	LR170800	1
1500 Freestyle	17:45.17	17:25.60	546	05/02/17	Essex Age Group Championships	London	ER170023	1
50 Breaststroke	34.59	33.70	422	28/10/17	Essex Senior Winter Championships 2017	Basildon	ER171405	1
100 Breaststroke	1:17.10	1:15.40	401	24/01/16	Essex Age Group Championships 2016	Basildon	ER160002	1
200 Breaststroke	2:48.82	2:45.70	410	29/04/17	2017 London Swimming Regional Youth Championships	Stratford	LR170800	1
50 Butterfly	31.56	31.00	351	25/11/17	Romford Town Early County Qualifier	London Aquatics	LR171748	3
100 Butterfly	1:09.66	1:08.60	357	19/02/17	Essex Age Group Championships 2017	Basildon	ER170025	1
200 Butterfly	2:34.29	2:32.20	365	24/01/16	Essex Age Group Championships 2016	Basildon	ER160002	1
50 Backstroke	34.87	34.30	308	12/04/15	Killerwhales Mid Qualifying Meet	Basildon	LR150206	1
100 Backstroke	1:10.60	1:09.50	390	28/10/17	Essex Senior Winter Championships 2017	Basildon	ER171405	1
200 Backstroke	2:24.28	2:22.00	466	14/05/16	Team Luton May Long Course Meet	Luton	ER160180	1
200 Individual Medley	2:28.29	2:25.60	454	25/11/17	Romford Town Early County Qualifier	London Aquatics	LR171748	3
400 Individual Medley	5:03.31	4:57.50	511	29/05/16	ASA London Region Last Chance Meet	Crystal Palace	LR160450	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.14	27.90	409	06/10/18	The Alan Mitchell Memorial County Qualifier	Thurrock	ER180355	3
100 Freestyle	58.33	59.70	454	17/11/18	Killerwhales Swim Club of Havering Club Champs 2018	Romford	LR181850	4
200 Freestyle	2:09.28	2:11.90	454	17/12/16	LBRSC Last Chance Qualifying Meet	Fullwell Cross	LR161365	3
400 Freestyle	4:29.28	4:34.40	489	17/12/16	LBRSC Last Chance Qualifying Meet	Fullwell Cross	LR161365	3
1500 Freestyle	17:18.36	17:38.00	542	03/12/16	BPSC 1500 800 County/Regional Qualifier 2016	Basildon	ER161506	3
50 Breaststroke	33.32	34.20	419	08/10/17	Bor Redbridge Early County Qual Meet Oct 2017	Ilford	LR170532	3
100 Breaststroke	1:14.54	1:16.20	407	30/10/16	Essex Senior Winter Championships 2016	Basildon	ER161065	2
200 Breaststroke	2:41.39	2:44.60	412	29/10/16	Essex Senior Winter Championships 2016	Basildon	ER161065	2
50 Butterfly	30.53	31.10	361	30/10/16	Essex Senior Winter Championships 2016	Basildon	ER161065	2
100 Butterfly	1:06.25	1:07.40	375	08/10/17	Bor Redbridge Early County Qual Meet Oct 2017	Ilford	LR170532	3
200 Butterfly	2:29.69	2:31.80	363	17/12/17	Christmas at Dagenham 2017 Open Meet	Dagenham	LR170717	3
50 Backstroke	32.63	33.20	311	25/10/15	Essex Senior Short Course Championships 2015	Basildon	ER150959	2
100 Backstroke	1:08.24	1:09.40	355	29/10/16	Essex Senior Winter Championships 2016	Basildon	ER161065	2
200 Backstroke	2:19.05	2:21.40	438	08/10/17	Bor Redbridge Early County Qual Meet Oct 2017	Ilford	LR170532	3
200 Individual Medley	2:20.98	2:23.70	470	10/12/16	NASL London	Harlow	ER162333	3
400 Individual Medley	4:55.06	5:00.90	503	30/10/16	Essex Senior Winter Championships 2016	Basildon	ER161065	2
100 Individual Medley	1:09.40	1:09.40	358	03/10/15	Romford Town SC 4th David Jacobs Memorial Gala	Braintree	LR150867	3