

# Individual Best Times (All Time)

Joseph Russell - (911567) - Mount Kelly Swimming

## Long Course

| Stroke                | LC Time | Converted to SC | LC WA Pts | Date     | Meet  | Venue          | Licence  | Level |
|-----------------------|---------|-----------------|-----------|----------|---|----------------|----------|-------|
| 50 Freestyle          | 25.78   | 25.00           | 533       | 10/03/18 | UBSC National Qualifier Level 1 Open Meet         | Hengrove       | SW180292 | 1     |
| 100 Freestyle         | 55.35   | 53.80           | 606       | 11/03/18 | UBSC National Qualifier Level 1 Open Meet         | Hengrove       | SW180292 | 1     |
| 200 Freestyle         | 1:58.35 | 1:55.40         | 640       | 24/03/18 | ESSA 68th National Inter-Divisional Championships | Crawley        | SE180812 | 1     |
| 400 Freestyle         | 4:06.74 | 4:01.00         | 709       | 04/08/19 | Swim England National Summer Meet                 | Sheffield      | ENG014   | 1     |
| 50 Breaststroke       | 33.96   | 33.00           | 446       | 26/03/17 | Aquae Sulis Grand Prix                            | Bristol        | SW170461 | 1     |
| 100 Breaststroke      | 1:14.20 | 1:12.50         | 450       | 11/03/17 | Edinburgh International Meet 2017                 | Edinburgh      | SCO1260  | 1     |
| 200 Breaststroke      | 2:37.07 | 2:33.70         | 509       | 03/08/17 | Swim England National Summer Meet (50m)           | Sheffield      | ENG001   | 1     |
| 50 Butterfly          | 28.00   | 27.30           | 503       | 08/04/18 | Crawley Spring Open                               | Crawley        | SE180013 | 1     |
| 100 Butterfly         | 1:01.59 | 1:00.30         | 517       | 14/04/18 | Exeter Taunton L1 & L3 April Meet                 | Millfield      | SW180458 | 1     |
| 200 Butterfly         | 2:33.11 | 2:31.00         | 374       | 30/01/16 | Kent Swimming Championships 2016                  | Crystal Palace | SE160329 | 1     |
| 50 Backstroke         | 31.75   | 31.10           | 408       | 14/02/16 | Kent Swimming Championships 2016                  | London         | SE160331 | 1     |
| 100 Backstroke        | 1:11.69 | 1:10.60         | 372       | 06/02/16 | Kent Swimming Championships 2016                  | Crystal Palace | SE160330 | 1     |
| 200 Backstroke        | 2:28.48 | 2:26.20         | 428       | 06/02/16 | Kent Swimming Championships 2016                  | Crystal Palace | SE160330 | 1     |
| 200 Individual Medley | 2:13.19 | 2:10.20         | 627       | 29/07/17 | British Summer Championships                      | Sheffield      | BSW002   | 1     |
| 400 Individual Medley | 4:38.69 | 4:32.30         | 658       | 31/07/19 | Swim England National Summer Meet                 | Sheffield      | ENG014   | 1     |

## Short Course

| Stroke                | SC Time  | Converted to LC | SC WA Pts | Date     | Meet   | Venue      | License  | Level |
|-----------------------|----------|-----------------|-----------|----------|--|------------|----------|-------|
| 50 Freestyle          | 25.96    | 26.70           | 468       | 03/11/18 | ASA SWR Winter Championships                       | Millfield  | SW180511 | 2     |
| 100 Freestyle         | 55.84    | 57.30           | 517       | 18/11/18 | The Plymouth Leander Winter National Qualifier     | Plymouth   | SW182405 | 2     |
| 200 Freestyle         | 1:57.37  | 2:00.30         | 606       | 03/11/19 | South West Region Winter SC Championships          | Millfield  | SW192612 | 2     |
| 400 Freestyle         | 4:02.70  | 4:08.40         | 668       | 16/11/19 | Plymouth Leander National Winter Qualifier         | Plymouth   | SW190503 | 2     |
| 1500 Freestyle        | 20:40.62 | 20:57.20        | 318       | 05/09/14 | City of Canterbury SC Club Championships 2014      | Canterbury | SE14107  | 4     |
| 50 Breaststroke       | 35.18    | 36.10           | 356       | 30/04/16 | Black Lion L3 Spring Open Meet                     | Gillingham | SE160064 | 3     |
| 100 Breaststroke      | 1:10.49  | 1:12.30         | 482       | 19/01/17 | Devon County Championships & Age Groups 2017       | Plymouth   | SW170376 | 2     |
| 200 Breaststroke      | 2:32.16  | 2:35.60         | 492       | 17/01/17 | Devon County Championships & Age Groups 2017       | Plymouth   | SW170375 | 2     |
| 50 Butterfly          | 28.66    | 29.30           | 437       | 29/09/18 | Cambridge Grand Prix Regional & National Qualifier | Cambridge  | ER181257 | 2     |
| 100 Butterfly         | 1:01.31  | 1:02.50         | 473       | 09/12/17 | NSL Western Division 1 Final                       | Newport    | WL172608 | 3     |
| 200 Butterfly         | 2:30.15  | 2:32.20         | 360       | 02/01/16 | Dover and Canterbury (Jointly) Icebreaker 2016     | Kent       | SE160258 | 3     |
| 50 Backstroke         | 31.70    | 32.30           | 339       | 05/12/15 | Gravesend & Northfleet Open Meet 2015              | Gillingham | SE150573 | 3     |
| 100 Backstroke        | 1:01.62  | 1:02.90         | 482       | 30/09/18 | Cambridge Grand Prix Regional & National Qualifier | Cambridge  | ER181257 | 2     |
| 200 Backstroke        | 2:26.97  | 2:29.20         | 371       | 22/11/15 | Guildford City SC November L2 Open Meet            | Surrey     | SE151100 | 2     |
| 200 Individual Medley | 2:11.76  | 2:14.70         | 576       | 08/12/18 | Scottish National Short Course Open Swimming       | Edinburgh  | SCO1566  | 2     |
| 400 Individual Medley | 4:35.14  | 4:41.40         | 621       | 02/11/19 | South West Region Winter SC Championships          | Millfield  | SW192612 | 2     |
| 100 Individual Medley | 1:02.00  | 1:02.00         | 502       | 07/12/18 | Scottish National Short Course Open Swimming       | Edinburgh  | SCO1566  | 2     |