

Individual Best Times (All Time)

Jack Monaghan - (965972) - Witham Dolphins SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.48	28.80	356	03/02/18	Essex Age Group Championships 2018	London	ER180155	1
50 Breaststroke	40.53	39.70	262	02/02/19	ESSEX AGE GROUP CHAMPS 2019	LONDON	ER190209	1
50 Butterfly	35.68	35.10	243	02/02/19	ESSEX AGE GROUP CHAMPS 2019	LONDON	ER190209	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.08	29.80	333	07/10/17	Bor Redbridge Early County Qual Meet Oct 2017	Ilford	LR170532	3
100 Freestyle	1:05.95	1:07.20	314	07/10/17	Bor Redbridge Early County Qual Meet Oct 2017	Ilford	LR170532	3
200 Freestyle	2:37.09	2:39.30	253	09/10/16	Witham Dolphins Winter Club Champs	Witham	ER162193	4
400 Freestyle	6:23.61	6:27.30	169	13/10/14	Witham Dolphins SC Winter Champs 2014	Witham	ER14302	4
1500 Freestyle	23:42.72	23:57.20	210	11/06/17	Witham Dolphins Summer Club Championships	Witham	ER170959	4
50 Breaststroke	38.90	39.70	263	24/06/18	Witham Dolphins Summer Club Championships 2018	WITHAM	ER181171	4
100 Breaststroke	1:27.55	1:29.00	251	07/10/17	Bor Redbridge Early County Qual Meet Oct 2017	Ilford	LR170532	3
200 Breaststroke	3:45.79	3:48.10	150	23/11/14	Witham Dolphins Winter Club Championships	Witham	ER14306	4
50 Butterfly	33.38	33.90	276	24/06/18	Witham Dolphins Summer Club Championships 2018	WITHAM	ER181171	4
50 Backstroke	38.70	39.20	186	24/06/18	Witham Dolphins Summer Club Championships 2018	WITHAM	ER181171	4
100 Backstroke	1:27.34	1:28.30	169	13/11/16	Witham Dolphins Winter Club Champs	Witham	ER162195	4
200 Individual Medley	2:49.10	2:51.40	272	10/12/17	Witham Dolphins Winter Club Championships	Witham	ER172486	4
100 Individual Medley	1:17.67	1:17.70	255	24/06/18	Witham Dolphins Summer Club Championships 2018	WITHAM	ER181171	4