

# Individual Best Times (All Time)

Josef Craig - (205176) - South Tyneside SC - 50 Freestyle - Long Course

Performance Graph

Drag to Zoom, right click to reset.

## Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
27.22	453		07/05/16	IPC European Championships 2016	Funchal	Co Sund'land	1
27.27	450	H	27/04/16	British Para-Swimming Championships	Glasgow	Co Sund'land	1
27.36	446	H	16/09/16	Paralympics Games 2016	Rio		1
27.59	435	F	31/07/15	British Summer Championships	Sheffield		1
27.68	431		07/05/16	IPC European Championships 2016	Funchal	Co Sund'land	1
27.85	423	F	27/03/15	British Para Swimming International	Glasgow		1
27.86	422	H	28/04/17	British Para Swimming International 2017	Sheffield		1
27.92	420	H	27/04/16	British Para-Swimming Championships	Glasgow	Co Sund'land	1
27.98	417	F	29/07/16	British Summer Championships	Sheffield	Co Sund'land	1
28.12	411	H	31/07/15	British Summer Championships	Sheffield		1
28.15	409	H	27/03/15	British Para Swimming International	Glasgow		1
28.35	401	F	27/06/15	Scottish National Open Championships	Glasgow	Co Sund'land	1
28.37	400	H	28/04/17	British Para Swimming International 2017	Sheffield		1
28.39	399	H	04/02/17	Dave McCullagh Memorial Meet	Bangor		1
28.45	397	H	04/05/14	ASANER Youth & Senior Championships 2014	Sunderland	Co Sund'land	1
28.48	395	H	29/07/16	British Summer Championships	Sheffield	Co Sund'land	1
28.53	393	F	14/08/13	IPC Swimming World Championships	Montreal, Canada	Co Sund'land	1
28.56	392	F	10/08/14	2014 IPC Swimming European Championships	Eindhoven		1
28.60	390	H	25/01/14	Northern Area Zonal Meet 2014	Sheffield	Co Sund'land	1
28.66	388	H	05/07/15	City of Sunderland Summer Splash 2015	Sunderland		3
28.72	385	H	10/12/16	National Para Swimming Championships	Manchester	Co Sund'land	1
28.74	385	H	27/06/15	Scottish National Open Championships	Glasgow	Co Sund'land	1
28.82	381	H	10/08/14	2014 IPC Swimming European Championships	Eindhoven		1
28.84	381	H	02/07/16	Scottish National Open Championships	Glasgow	Co Sund'land	1
28.86	380	F	02/07/16	Scottish National Open Championships	Glasgow	Co Sund'land	1
28.89	379	H	10/05/15	ASA North East Regional Championships	Sunderland		1
28.90	378	H	08/02/15	Northumberland & Durham County Championships	Sunderland		1

28.90	370	H	08/02/13	Northumberland & Durham County Championships	Sunderland		
28.95	376	H	24/01/15	Burns Open Meet 2015	Sheffield		1
28.97	376	H	02/02/14	NDSA Championships	Sunderland	Co Sund'land	1
28.99	375	H	25/06/14	British Gas International Swimming Meet 2014	Manchester	Co Sund'land	1
29.00	374	F	27/07/18	British Summer Championships	Sheffield	Co Sund'land	1
29.13	369	H	26/01/13	ASA Northern Region Zonal Competition	Sheffield	Co Sund'land	1
29.16	368	H	26/04/14	IDM Berlin 2014	Berlin	Co Sund'land	1
29.19	367	H	22/01/17	City of Sunderland SC New Year Meet 2017	Sunderland	Co Sund'land	1
29.23	366	H	14/08/13	IPC Swimming World Championships	Montreal, Canada	Co Sund'land	1
29.29	363	H	18/05/14	City of Sunderland May Open 2014	Sunderland	Co Sund'land	1
29.31	363	F	29/06/13	British Gas Swimming Championships	Sheffield	Co Sund'land	1
29.33	362	H	27/07/18	British Summer Championships	Sheffield	Co Sund'land	1
29.37	360	H	30/01/16	Burns Open Meet 2016	Sheffield	Co Sund'land	1
29.38	360	H	20/03/16	City of Sunderland National Qualifier	Sunderland	Co Sund'land	1
29.39	360	F	04/09/12	Paralympic Games 2012	London	Co Sund'land	1
29.42	359	H	25/05/18	2018 Glasgow International Swim Meet	Glasgow	Co Sund'land	1
29.42	359	H	01/06/18	British Para-Swimming International	Sheffield	Co Sund'land	1
29.43	358	F	10/03/13	British Gas International 2013	Leeds	Co Sund'land	1
29.43	358	F	26/06/14	British Gas International Swimming Meet 2014	Manchester	Co Sund'land	1
29.48	356	H	04/09/12	Paralympic Games 2012	London	Co Sund'land	1
29.48	356	H	31/05/15	City of Sunderland Last Chance Qualifier Meet	Sunderland		1
29.50	356	H	22/12/13	Co Leeds Christmas Meet 2013	Leeds	Co Sund'land	1
29.52	355	F	28/04/13	British International Disability Champs	Sheffield	Co Sund'land	1
29.53	355	H	19/04/14	British-Para Swimming International	Glasgow	Co Sund'land	1
29.55	354	H	28/04/13	British International Disability Champs	Sheffield	Co Sund'land	1
29.67	350	H	10/03/13	British Gas International 2013	Leeds	Co Sund'land	1
29.68	349	H	13/07/14	City of Sunderland ASC Summer Splash 2014	Sunderland	Co Sund'land	3
29.79	345	H	07/02/16	Northumberland & Durham County Champs	Sunderland	Co Sund'land	1
29.79	345	H	07/02/16	Northumberland & Durham County Champs	Sunderland	Co Sund'land	1
29.85	343	H	15/02/20	Speedo and BUCS Long Course Swimming Champs 2020	Sheffield		1
29.95	340	F	06/04/12	British International Disability Champs	Sheffield	Co Sund'land	1
29.95	340	H	29/06/13	British Gas Swimming Championships	Sheffield	Co Sund'land	1
30.16	333	H	06/05/18	North East Region Championships	Sheffield	Co Sund'land	1
30.28	329	F	18/07/12	BG ASA National Youth Championships 2012	Sheffield	Co Sund'land	1
30.35	327	H	06/04/12	British International Disability Champs	Sheffield	Co Sund'land	1
30.59	319	H	25/03/18	City of Sunderland National Qualifier	Sunderland	Co Sund'land	1
30.60	319	H	28/01/12	ASA Northern Zonal Meet	Sheffield	Co Sund'land	1
30.78	313	H	05/03/12	British Gas Swimming Championships 2012	London	Co Sund'land	1
30.90	309	H	18/07/12	BG ASA National Youth Championships 2012	Sheffield	Co Sund'land	1
31.60	289	H	21/05/11	City of Sunderland May Open Meet	Sunderland	Co Sund'land	1
31.77	285	H	17/12/11	British Gas Swim Wales Winter Open Champs	Swansea	Co Sund'land	1
31.87	282	H	14/05/11	Rotherham Metro Level One Meet	Sheffield	Co Sund'land	1
31.98	279	H	30/01/11	North & North West Zonal Competition	Sheffield	Co Sund'land	1
32.35	270	F	08/04/11	British Disability International Champions	Sheffield	Co Sund'land	1
32.48	266	H	28/04/11	IDM Berlin	Berlin		1
32.60	263	H	08/04/11	British Disability International Champions	Sheffield	Co Sund'land	1
32.81	258	H	07/03/11	British Gas Swimming Championships 2011	Manchester	Co Sund'land	1
33.31	247	H	02/07/11	Scottish Gas National Open Championships	Glasgow	Co Sund'land	1
33.36	246	H	04/09/10	UK School Games 2010	Sunderland	Co Sund'land	1
33.62	240	H	18/08/10	BG ASA Championships 2010	Sunderland	Co Sund'land	1
34.94	214	H	17/04/10	GB International	Sheffield	Co Sund'land	1
34.98	213	H	02/05/10	North East Champs	Sunderland	Co Sund'land	1
35.72	200	H	31/03/10	British Gas Championships	Sheffield	Co Sund'land	1
36.54	187	F	12/12/09	Welsh Disability LC Champs	Swansea	Co Sund'land	1

## Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
29.85	343	H	15/02/20	Speedo and BUCS Long Course Swimming Champs 2020	Sheffield		1
29.00	374	F	27/07/18	British Summer Championships	Sheffield	Co Sund'land	1
29.33	362	H	27/07/18	British Summer Championships	Sheffield	Co Sund'land	1
29.42	359	H	01/06/18	British Para-Swimming International	Sheffield	Co Sund'land	1
29.42	359	H	25/05/18	2018 Glasgow International Swim Meet	Glasgow	Co Sund'land	1
30.16	333	H	06/05/18	North East Region Championships	Sheffield	Co Sund'land	1
30.59	319	H	25/03/18	City of Sunderland National Qualifier	Sunderland	Co Sund'land	1
28.37	400	H	28/04/17	British Para Swimming International 2017	Sheffield		1
27.86	422	H	28/04/17	British Para Swimming International 2017	Sheffield		1
28.39	399	H	04/02/17	Dave McCullagh Memorial Meet	Bangor		1
29.19	367	H	22/01/17	City of Sunderland SC New Year Meet 2017	Sunderland	Co Sund'land	1
28.72	385	H	10/12/16	National Para Swimming Championships	Manchester	Co Sund'land	1
27.36	446	H	16/09/16	Paralympics Games 2016	Rio		1
27.98	417	F	29/07/16	British Summer Championships	Sheffield	Co Sund'land	1
28.48	395	H	29/07/16	British Summer Championships	Sheffield	Co Sund'land	1
28.86	380	F	02/07/16	Scottish National Open Championships	Glasgow	Co Sund'land	1
28.84	381	H	02/07/16	Scottish National Open Championships	Glasgow	Co Sund'land	1
27.68	431		07/05/16	IPC European Championships 2016	Funchal	Co Sund'land	1
27.22	453		07/05/16	IPC European Championships 2016	Funchal	Co Sund'land	1
27.92	420	H	27/04/16	British Para-Swimming Championships	Glasgow	Co Sund'land	1
27.27	450	H	27/04/16	British Para-Swimming Championships	Glasgow	Co Sund'land	1
29.38	360	H	20/03/16	City of Sunderland National Qualifier	Sunderland	Co Sund'land	1
29.79	345	H	07/02/16	Northumberland & Durham County Champs	Sunderland	Co Sund'land	1
29.79	345	H	07/02/16	Northumberland & Durham County Champs	Sunderland	Co Sund'land	1
29.37	360	H	30/01/16	Burns Open Meet 2016	Sheffield	Co Sund'land	1
27.59	435	F	31/07/15	British Summer Championships	Sheffield		1
28.12	411	H	31/07/15	British Summer Championships	Sheffield		1
28.66	388	H	05/07/15	City of Sunderland Summer Splash 2015	Sunderland		3
28.35	401	F	27/06/15	Scottish National Open Championships	Glasgow	Co Sund'land	1
28.74	385	H	27/06/15	Scottish National Open Championships	Glasgow	Co Sund'land	1
29.48	356	H	31/05/15	City of Sunderland Last Chance Qualifier Meet	Sunderland		1
28.89	379	H	10/05/15	ASA North East Regional Championships	Sunderland		1
27.85	423	F	27/03/15	British Para Swimming International	Glasgow		1
28.15	409	H	27/03/15	British Para Swimming International	Glasgow		1
28.90	378	H	08/02/15	Northumberland & Durham County Championships	Sunderland		1
28.95	376	H	24/01/15	Burns Open Meet 2015	Sheffield		1
28.56	392	F	10/08/14	2014 IPC Swimming European Championships	Eindhoven		1
28.82	381	H	10/08/14	2014 IPC Swimming European Championships	Eindhoven		1
29.68	349	H	13/07/14	City of Sunderland ASC Summer Splash 2014	Sunderland	Co Sund'land	3
29.43	358	F	26/06/14	British Gas International Swimming Meet 2014	Manchester	Co Sund'land	1
28.99	375	H	25/06/14	British Gas International Swimming Meet 2014	Manchester	Co Sund'land	1
29.29	363	H	18/05/14	City of Sunderland May Open 2014	Sunderland	Co Sund'land	1
28.45	397	H	04/05/14	ASANER Youth & Senior Championships 2014	Sunderland	Co Sund'land	1
29.16	368	H	26/04/14	IDM Berlin 2014	Berlin	Co Sund'land	1
29.53	355	H	19/04/14	British-Para Swimming International	Glasgow	Co Sund'land	1
28.97	376	H	02/02/14	NDSA Championships	Sunderland	Co Sund'land	1
28.60	390	H	25/01/14	Northern Area Zonal Meet 2014	Sheffield	Co Sund'land	1
29.50	356	H	22/12/13	Co Leeds Christmas Meet 2013	Leeds	Co Sund'land	1
28.53	393	F	14/08/13	IPC Swimming World Championships	Montreal, Canada	Co Sund'land	1
29.23	366	H	14/08/13	IPC Swimming World Championships	Montreal, Canada	Co Sund'land	1

29.31	363	F	29/06/13	British Gas Swimming Championships	Sheffield	Co Sund'land	1
29.95	340	H	29/06/13	British Gas Swimming Championships	Sheffield	Co Sund'land	1
29.52	355	F	28/04/13	British International Disability Champs	Sheffield	Co Sund'land	1
29.55	354	H	28/04/13	British International Disability Champs	Sheffield	Co Sund'land	1
29.43	358	F	10/03/13	British Gas International 2013	Leeds	Co Sund'land	1
29.67	350	H	10/03/13	British Gas International 2013	Leeds	Co Sund'land	1
29.13	369	H	26/01/13	ASA Northern Region Zonal Competition	Sheffield	Co Sund'land	1
29.39	360	F	04/09/12	Paralympic Games 2012	London	Co Sund'land	1
29.48	356	H	04/09/12	Paralympic Games 2012	London	Co Sund'land	1
30.28	329	F	18/07/12	BG ASA National Youth Championships 2012	Sheffield	Co Sund'land	1
30.90	309	H	18/07/12	BG ASA National Youth Championships 2012	Sheffield	Co Sund'land	1
29.95	340	F	06/04/12	British International Disability Champs	Sheffield	Co Sund'land	1
30.35	327	H	06/04/12	British International Disability Champs	Sheffield	Co Sund'land	1
30.78	313	H	05/03/12	British Gas Swimming Championships 2012	London	Co Sund'land	1
30.60	319	H	28/01/12	ASA Northern Zonal Meet	Sheffield	Co Sund'land	1
31.77	285	H	17/12/11	British Gas Swim Wales Winter Open Champs	Swansea	Co Sund'land	1
33.31	247	H	02/07/11	Scottish Gas National Open Championships	Glasgow	Co Sund'land	1
31.60	289	H	21/05/11	City of Sunderland May Open Meet	Sunderland	Co Sund'land	1
31.87	282	H	14/05/11	Rotherham Metro Level One Meet	Sheffield	Co Sund'land	1
32.48	266	H	28/04/11	IDM Berlin	Berlin		1
32.35	270	F	08/04/11	British Disability International Champions	Sheffield	Co Sund'land	1
32.60	263	H	08/04/11	British Disability International Champions	Sheffield	Co Sund'land	1
32.81	258	H	07/03/11	British Gas Swimming Championships 2011	Manchester	Co Sund'land	1
31.98	279	H	30/01/11	North & North West Zonal Competition	Sheffield	Co Sund'land	1
33.36	246	H	04/09/10	UK School Games 2010	Sunderland	Co Sund'land	1
33.62	240	H	18/08/10	BG ASA Championships 2010	Sunderland	Co Sund'land	1
34.98	213	H	02/05/10	North East Champs	Sunderland	Co Sund'land	1
34.94	214	H	17/04/10	GB International	Sheffield	Co Sund'land	1
35.72	200	H	31/03/10	British Gas Championships	Sheffield	Co Sund'land	1
36.54	187	F	12/12/09	Welsh Disability LC Champs	Swansea	Co Sund'land	1