

Individual Best Times (All Time)

Joshua Jones - (1134340) - Carmarthen

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	26.97	26.20	466	04/08/17	Swim Wales Summer Nationals	Swansea	WL170074	1
100 Freestyle	59.28	57.90	493	31/07/17	Swim Wales Summer Nationals	Swansea	WL170074	1
200 Freestyle	2:10.42	2:07.70	478	02/08/17	Swim Wales Summer Nationals	Swansea	WL170074	1
400 Freestyle	5:12.61	5:08.10	348	10/04/16	City of Wells Open Meet	Millfield	SW160578	3
50 Breaststroke	37.35	36.50	335	08/04/18	City of Bristol International Open Meet	Hengrove Park	SW180691	1
100 Breaststroke	1:31.23	1:29.80	242	10/04/16	City of Wells Open Meet	Millfield	SW160578	3
200 Breaststroke	3:18.72	3:16.00	251	08/04/17	City of Wells Open Meet	Millfield	SW170312	3
50 Butterfly	29.60	29.00	425	20/10/18	Neath ASC Open Meet 2018	WNPS	WL181504	1
50 Backstroke	31.19	30.50	430	20/10/18	Neath ASC Open Meet 2018	WNPS	WL181504	1
100 Backstroke	1:08.12	1:06.90	434	05/08/17	Swim Wales Summer Nationals	Swansea	WL170074	1
200 Backstroke	2:26.56	2:24.30	445	31/07/17	Swim Wales Summer Nationals	Swansea	WL170074	1
200 Individual Medley	2:42.72	2:40.30	343	15/05/16	City of Swansea Long Course Meet 2016	Swansea	WL160621	1
400 Individual Medley	5:41.81	5:36.60	357	08/04/17	City of Wells Open Meet	Millfield	SW170312	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.16	26.90	457	03/02/19	Swim Wales West Regional Championships	Haverfordwest	WL190039	2
100 Freestyle	1:00.20	1:01.60	413	03/11/18	City of Cardiff Capital Open Meet	Cardiff	WL181058	2
200 Freestyle	2:09.88	2:12.50	447	26/11/17	Swim Wales West Region Sub Regional Championships	Haverfordwest	WL170090	3
400 Freestyle	4:38.02	4:43.00	444	03/02/18	SW West Regional Championships	Haverfordwest	WL180051	2
1500 Freestyle	19:52.67	20:09.90	358	25/11/16	Swim Wales West Sub Regional Championships	Wales	WL160027	3
50 Breaststroke	35.98	36.80	333	09/02/19	Swim Wales West Regional Championships	Haverfordwest	WL190040	2
100 Breaststroke	1:19.58	1:21.10	335	04/02/18	SW West Regional Championships	Haverfordwest	WL180051	2
200 Breaststroke	3:04.84	3:07.70	274	26/11/16	Swim Wales West Sub Regional Championships	Wales	WL160027	3
50 Butterfly	29.51	30.10	400	26/11/17	Swim Wales West Region Sub Regional Championships	Haverfordwest	WL170090	3
100 Butterfly	1:07.94	1:09.00	347	10/02/18	SW West Regional Championships	Haverfordwest	WL180052	2
200 Butterfly	2:53.90	2:55.70	231	25/06/16	Carmarthen Club Championships 2016	Carmarthen	WL160552	3
50 Backstroke	30.52	31.20	380	08/07/17	Torfaen Dolphins Summer Open Meet 2017	Newport	WL171150	2
100 Backstroke	1:07.31	1:08.50	370	02/02/19	Swim Wales West Regional Championships	Haverfordwest	WL190039	2
200 Backstroke	2:29.11	2:31.30	355	02/12/16	Swim Wales Short Course Championships	Swansea	WL160022	2
200 Individual Medley	2:29.30	2:31.90	395	10/02/18	SW West Regional Championships	Haverfordwest	WL180052	2
400 Individual Medley	5:30.50	5:35.80	358	27/11/16	Swim Wales West Sub Regional Championships	Wales	WL160027	3