

Individual Best Times (All Time)

Joshua Frampton - (1168205) - Killerwhales SC (Havering)

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	32.34	31.70	270	03/02/18	Essex Age Group Championships 2018	London	ER180155	1
100 Freestyle	1:10.85	1:09.70	289	15/07/17	RTSC End of Season Meet 2017	London	LR170651	3
200 Freestyle	2:26.92	2:24.50	334	18/02/18	Essex Age Group Championships 2018	Basildon	ER180157	1
400 Freestyle	5:26.84	5:22.50	305	20/02/16	Essex Age Group Championships 2016	Basildon	ER160005	1
1500 Freestyle	20:32.44	20:15.60	353	04/02/18	Essex Age Group Championships 2018	Basildon	ER180156	1
50 Breaststroke	41.45	40.70	245	07/04/18	Bracknell Wokingham Spring Level 3 Open Meet	Aldershot	SE180410	3
100 Breaststroke	1:31.23	1:29.80	242	17/02/18	Essex Age Group Championships 2018	Basildon	ER180157	1
200 Breaststroke	3:08.99	3:06.20	292	07/04/18	Bracknell Wokingham Spring Level 3 Open Meet	Aldershot	SE180410	3
50 Backstroke	36.21	35.70	275	07/04/18	Bracknell Wokingham Spring Level 3 Open Meet	Aldershot	SE180410	3
100 Backstroke	1:22.15	1:21.20	247	15/07/17	RTSC End of Season Meet 2017	London	LR170651	3
200 Backstroke	2:48.91	2:46.90	290	21/01/18	Essex Age Group Championships 2018	Basildon	ER180154	1
200 Individual Medley	3:00.69	2:58.50	251	21/02/16	Essex Age Group Championships 2016	Basildon	ER160005	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.57	32.20	260	14/07/18	Terry Fitzgerald Memorial Open Meet 2018	Summerfields LC	SE180928	3
100 Freestyle	1:08.30	1:09.50	282	18/11/17	Killerwhales Club Championships	Basildon	LR171308	4
200 Freestyle	2:24.29	2:26.70	326	08/07/17	Terry Fitzgerald Memorial Open Meet 2017	Hastings	SE170573	3
400 Freestyle	4:58.09	5:02.80	360	25/11/17	Black Lion L3 Winter Open Meet 2017	Medway Park	SE170467	3
1500 Freestyle	19:32.47	19:49.90	376	15/12/17	Christmas at Dagenham 2017 Open Meet	Dagenham	LR170717	3
50 Breaststroke	39.89	40.70	244	05/05/18	Black Lion Level 3 Spring Open Meet	Medway Park LC	SE180477	3
100 Breaststroke	1:24.68	1:26.20	278	05/05/18	Black Lion Level 3 Spring Open Meet	Medway Park LC	SE180477	3
200 Breaststroke	3:04.61	3:07.50	275	26/11/17	Black Lion L3 Winter Open Meet 2017	Medway Park	SE170467	3
50 Butterfly	39.55	40.00	166	08/07/17	Terry Fitzgerald Memorial Open Meet 2017	Hastings	SE170573	3
50 Backstroke	34.97	35.50	252	05/05/18	Black Lion Level 3 Spring Open Meet	Medway Park LC	SE180477	3
100 Backstroke	1:15.40	1:16.50	263	05/05/18	Black Lion Level 3 Spring Open Meet	Medway Park LC	SE180477	3
200 Backstroke	2:42.27	2:44.30	275	08/10/17	The Alan Mitchell Memorial County Qualifier	Thurrock	ER170331	3
200 Individual Medley	2:46.94	2:49.30	283	18/11/17	Killerwhales Club Championships	Basildon	LR171308	4
100 Individual Medley	1:16.78	1:16.80	264	14/07/18	Terry Fitzgerald Memorial Open Meet 2018	Summerfields LC	SE180928	3