

Individual Best Times (All Time)

Joseph Adams - (1239519) - Windsor SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	25.02	24.20	583	28/01/24	Berkshire & South Bucks County Championships 2024	Wycombe	SE240002	1
100 Freestyle	54.17	52.60	647	04/08/23	Swim England National Summer Meet 2023	Sheffield	ENG028	1
200 Freestyle	2:06.64	2:03.90	522	15/07/23	Rushmoor Royals End of Season LC L3 Open Meet 2023	Aldershot	SE231388	3
50 Breaststroke	34.80	33.90	414	14/01/23	Berkshire & South Bucs County & Age Group Champs	High Wycombe	SE230049	1
100 Breaststroke	1:16.94	1:15.30	404	30/04/22	Swim England South East Summer Championships	Wycombe	SE220755	1
50 Butterfly	27.22	26.50	547	05/05/24	SE South East Region LC Championships 2024	High Wycombe	SE240686	1
100 Butterfly	1:00.40	59.10	548	12/05/24	Romford Last Chance L1 National Qualifier Meet 24	Crawley	LR240632	1
50 Backstroke	29.82	29.10	492	01/05/23	SE South East Region Summer Championships 2023	Wycombe	SE230799	1
100 Backstroke	1:10.53	1:09.40	391	15/01/22	Berkshire & South Bucs County & Age Group Champs	Wycombe	SE220084	1
200 Backstroke	2:45.87	2:43.80	307	08/02/20	The 2020 Middlesex County Championships	London	LR200152	1
200 Individual Medley	2:29.74	2:27.10	441	14/01/23	Berkshire & South Bucs County & Age Group Champs	High Wycombe	SE230049	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	24.36	25.20	566	04/11/23	SE South East Regional Winter Championships 2023	Winchester	SE232053	2
100 Freestyle	53.13	54.70	601	18/11/23	Guildford City L2 Winter Open Meet 2023	Surrey Sports Park	SE231403	2
200 Freestyle	2:06.63	2:09.30	483	25/06/22	Guildford City SC Mini Commonwealth Games	Spectrum LC	SE220710	3
400 Freestyle	4:29.18	4:34.30	490	24/09/22	Windsor SC Club Championships	Eton	SE221772	4
1500 Freestyle	23:34.54	23:49.10	214	17/11/18	Staines Club Championships 2018	Spelthorne LC	SE182305	4
50 Breaststroke	33.77	34.70	403	25/09/22	Windsor SC Club Championships	Eton	SE221772	4
100 Breaststroke	1:14.38	1:16.10	410	29/09/22	Windsor SC Club Championships	Ascot	SE221773	4
200 Breaststroke	2:56.69	2:59.70	314	02/07/21	Windsor Swimming Club	Windsor Leisure Cent	LEX2842	0
50 Butterfly	26.12	26.80	577	16/12/23	Swim England Winter Championships 2023	Sheffield	ENG029	2
100 Butterfly	59.85	1:01.10	508	04/11/23	SE South East Regional Winter Championships 2023	Winchester	SE232053	2
200 Butterfly	2:43.59	2:45.50	278	02/06/21	Windsor	Eton College	LEX1477	0
50 Backstroke	27.96	28.70	494	18/11/23	Guildford City L2 Winter Open Meet 2023	Surrey Sports Park	SE231403	2
100 Backstroke	1:06.04	1:07.20	391	05/12/21	Windsor SC County Chaser Open Meet	Maidenhead	SE210739	3
200 Backstroke	2:31.93	2:34.10	336	05/07/21	Windsor	Eton College	LEX2952	0
200 Individual Medley	2:21.23	2:24.00	467	25/09/22	Windsor SC Club Championships	Eton	SE221772	4
400 Individual Medley	5:11.48	5:17.10	428	25/11/21	Windsor SC Club Championships	Windsor	SE210383	4
100 Individual Medley	1:01.31	1:01.30	519	17/12/23	Swim England Winter Championships 2023	Sheffield	ENG029	2