

Individual Best Times (All Time)

Joshua Cusack-Hughes - (1261115) - Adwick (Doncaster) SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.51	29.80	321	23/02/19	Yorkshire County Championships	Sheffield	NE190129	1
100 Freestyle	1:06.47	1:05.20	350	09/02/19	Yorkshire County Championships	Leeds	NE190128	1
200 Freestyle	2:21.98	2:19.50	370	03/02/19	Yorkshire County Championships	Leeds	NE190127	1
50 Breaststroke	45.60	44.90	184	23/02/19	Yorkshire County Championships	Sheffield	NE190129	1
100 Breaststroke	1:37.10	1:35.80	201	08/12/18	Borough of Barnsley 23rd Annual Christmas Sprint	Sheffield	NE182360	3
200 Breaststroke	3:53.43	3:51.10	155	19/03/17	City of Cardiff Tiger Bay Open Meet 2017	Cardiff	WL170098	3
50 Butterfly	33.30	32.70	299	25/05/19	Swim England North East Region Championships (50)	Leeds	NE190137	1
100 Butterfly	1:16.20	1:15.20	273	27/05/18	North East Region Championships	Leeds	NE180152	1
50 Backstroke	32.57	31.90	378	23/02/19	Yorkshire County Championships	Sheffield	NE190129	1
100 Backstroke	1:10.83	1:09.70	386	10/02/19	Yorkshire County Championships	Leeds	NE190128	1
200 Backstroke	2:35.48	2:33.30	372	25/05/19	Swim England North East Region Championships (50)	Leeds	NE190137	1
200 Individual Medley	2:48.59	2:46.20	309	08/12/18	Borough of Barnsley 23rd Annual Christmas Sprint	Sheffield	NE182360	3
400 Individual Medley	5:49.01	5:43.90	335	09/02/19	Yorkshire County Championships	Leeds	NE190128	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.46	30.20	320	04/11/18	Swim England North East Region Age Group (25)	Sheffield	NE182209	2
100 Freestyle	1:07.46	1:08.70	293	08/07/18	BOBSC 11th Annual Summer Sizzler	Leeds	NE180767	3
200 Freestyle	2:17.66	2:20.20	376	04/11/18	Swim England North East Region Age Group (25)	Sheffield	NE182209	2
50 Breaststroke	43.81	44.50	184	14/07/19	BOBSC 12th Annual Summer Sizzler	Leeds	NE191474	3
100 Breaststroke	1:36.38	1:37.70	188	14/07/18	Rotherham Metro A & B Grade SC	Sheffield	NE180245	3
200 Breaststroke	3:47.64	3:50.00	147	08/01/17	Harrogate Janus A & B Grade Meet	Harrogate	NE170166	3
50 Butterfly	32.10	32.70	311	04/11/18	Swim England North East Region Age Group (25)	Sheffield	NE182209	2
100 Butterfly	1:16.59	1:17.60	242	07/04/18	KUHSC A B Easter Short Course Meet 2018	Ennerdale	NE180440	3
200 Butterfly	2:46.98	2:48.90	262	03/11/18	Swim England North East Region Age Group (25)	Sheffield	NE182209	2
50 Backstroke	32.98	33.60	301	03/11/18	Swim England North East Region Age Group (25)	Sheffield	NE182209	2
100 Backstroke	1:10.87	1:12.00	317	14/07/19	BOBSC 12th Annual Summer Sizzler	Leeds	NE191474	3
200 Backstroke	2:33.95	2:36.10	323	04/11/18	Swim England North East Region Age Group (25)	Sheffield	NE182209	2
200 Individual Medley	2:50.37	2:52.70	266	11/02/18	Yorkshire County Championships	Leeds	NE180136	2
400 Individual Medley	5:51.11	5:56.10	299	14/07/18	Rotherham Metro A & B Grade SC	Sheffield	NE180245	3
100 Individual Medley	1:17.37	1:17.40	258	10/11/18	Adwick Home Championships	Adwick	NE181399	4