

Individual Best Times (All Time)

Joseph Ball - (1293611) - Preston Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	26.97	26.20	466	06/04/24	Derby Excel April Meet	Sheffield	EM240430	1
100 Freestyle	1:23.85	1:22.80	174	04/03/18	City of Sheffield Swim Squad	Sheffield	NE180162	3
200 Freestyle	2:49.60	2:47.50	217	09/02/19	Lancs County WPSA Age Groups & Championships 2019	Manchester	NW190177	1
400 Freestyle	5:02.05	4:57.40	386	25/03/23	SE North West Regional Summer Championships 2023	Liverpool	NW230689	1
50 Breaststroke	34.74	33.80	416	28/01/24	Lancashire County Championships 2024	Manchester	NW240296	1
100 Breaststroke	1:21.29	1:19.70	342	21/04/24	SENW Regional Summer Championships 2024	Manchester	NW240304	1
200 Breaststroke	2:54.15	2:51.10	374	27/01/24	Lancashire County Championships 2024	Manchester	NW240296	1
50 Butterfly	28.48	27.80	478	20/04/24	SENW Regional Summer Championships 2024	Manchester	NW240304	1
100 Butterfly	1:02.48	1:01.30	495	21/04/24	SENW Regional Summer Championships 2024	Manchester	NW240304	1
200 Butterfly	2:20.39	2:18.10	485	20/04/24	SENW Regional Summer Championships 2024	Manchester	NW240304	1
50 Backstroke	31.81	31.20	405	27/01/24	Lancashire County Championships 2024	Manchester	NW240296	1
100 Backstroke	1:09.04	1:07.90	417	11/02/24	Lancashire County Championships 2024	Manchester	NW240297	1
200 Backstroke	2:29.85	2:27.60	416	10/02/24	Lancashire County Championships 2024	Manchester	NW240297	1
200 Individual Medley	2:27.90	2:25.20	457	16/03/24	Derby Excel Spring Qualifier 2024	Sheffield	EM240136	1
400 Individual Medley	5:19.53	5:14.00	437	17/03/24	Derby Excel Spring Qualifier 2024	Sheffield	EM240136	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.80	27.60	425	07/01/24	Bobcats 'Last Chance County Qualifier' 2024	Darwen	NW240046	3
100 Freestyle	58.04	59.50	461	07/01/24	Bobcats 'Last Chance County Qualifier' 2024	Darwen	NW240046	3
200 Freestyle	2:09.29	2:11.90	454	03/12/23	Preston Swimming Club Club Champs 2023	Westview LC	NW232570	3
400 Freestyle	4:45.81	4:50.70	409	05/03/23	Bobcats 'Racing for Regionals' Meet 2023	Darwen	NW230392	3
800 Freestyle	9:37.30	9:47.20	453	09/07/23	Preston SC Bert Brooks 2023	Westview LC	NW231607	4
1500 Freestyle	18:04.53	18:23.40	476	19/05/24	Preston SC Bert Brooks 2024	Preston	NW241217	4
50 Breaststroke	33.74	34.70	404	07/01/24	Bobcats 'Last Chance County Qualifier' 2024	Darwen	NW240046	3
100 Breaststroke	1:14.97	1:16.60	400	25/06/23	Preston SC Summer Spectacular Meet 2023	Darwen	NW230702	3
200 Breaststroke	2:42.65	2:45.90	403	01/10/23	North Lancs S&WPA Level 2 Meet 2023	Blackpool	NW231624	2
50 Butterfly	28.40	29.10	449	06/01/24	Bobcats 'Last Chance County Qualifier' 2024	Darwen	NW240046	3
100 Butterfly	1:03.12	1:04.30	433	09/12/23	Arena League North West B Final 2023	Macclesfield	NW232594	3
200 Butterfly	2:20.19	2:22.40	442	03/12/23	Preston Swimming Club Club Champs 2023	Westview LC	NW232570	3
50 Backstroke	30.91	31.60	365	25/06/23	Preston SC Summer Spectacular Meet 2023	Darwen	NW230702	3
100 Backstroke	1:05.74	1:06.90	397	06/01/24	Bobcats 'Last Chance County Qualifier' 2024	Darwen	NW240046	3
200 Backstroke	2:23.68	2:26.00	397	07/01/24	Bobcats 'Last Chance County Qualifier' 2024	Darwen	NW240046	3
200 Individual Medley	2:23.32	2:26.00	447	08/10/23	Clitheroe Dolphins Dash 2023	Darwen	NW231964	3
400 Individual Medley	5:20.83	5:26.30	392	04/03/23	Bobcats 'Racing for Regionals' Meet 2023	Darwen	NW230392	3
100 Individual Medley	1:05.23	1:05.20	431	16/09/23	North Lancs S&WPA Level 2 Meet 2023	Blackpool	NW231623	2