

Individual Best Times (All Time)

Joey Lau - (1375462) - Gateshead & Whickham SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.46	29.80	465	13/04/24	City of Sunderland National Qualifier 2024	Sunderland	NE240694	1
100 Freestyle	1:07.54	1:06.30	448	21/01/24	City of Sunderland ASC New Year Meet 2024	Sunderland	NE240152	1
200 Freestyle	2:23.63	2:21.20	485	29/06/24	2024 Scottish National Open Swimming Championships	Edinburgh	SS241309	1
50 Breaststroke	36.85	36.00	495	30/06/24	2024 Scottish National Open Swimming Championships	Edinburgh	SS241309	1
100 Breaststroke	1:22.77	1:21.20	465	28/06/24	2024 Scottish National Open Swimming Championships	Edinburgh	SS241309	1
200 Breaststroke	2:55.13	2:52.10	484	29/06/24	2024 Scottish National Open Swimming Championships	Edinburgh	SS241309	1
50 Butterfly	42.75	42.30	186	12/01/20	City of Sunderland New Year Meet 2020	Sunderland	NE200306	1
50 Backstroke	44.27	43.80	223	07/07/19	City of Sunderland ASC Summer Splash 2019	Sunderland	NE192020	3
200 Individual Medley	2:43.26	2:40.80	461	28/06/24	2024 Scottish National Open Swimming Championships	Edinburgh	SS241309	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.34	30.00	477	26/05/24	South Tyneside 2024 Spring Meet	South Shields	NE240614	3
100 Freestyle	1:04.77	1:06.00	466	07/04/24	Chester-le-street Open Meet 2024	Chester le Street	NE240794	3
200 Freestyle	2:18.29	2:20.80	507	26/05/24	South Tyneside 2024 Spring Meet	South Shields	NE240614	3
400 Freestyle	4:58.41	5:03.10	465	26/05/24	South Tyneside 2024 Spring Meet	South Shields	NE240614	3
50 Breaststroke	36.49	37.30	469	17/03/24	Gateshead & Whickham ASC Spring Meet 2024	Gateshead	NE240550	3
100 Breaststroke	1:17.96	1:19.60	511	26/05/24	South Tyneside 2024 Spring Meet	South Shields	NE240614	3
200 Breaststroke	2:49.89	2:53.00	496	12/04/24	Gateshead & Whickham ASC Spring Meet 2024	Gateshead	NE240550	3
50 Butterfly	32.80	33.40	410	16/03/24	Gateshead & Whickham ASC Spring Meet 2024	Gateshead	NE240550	3
100 Butterfly	1:18.78	1:19.70	322	18/11/23	Durham City Aquatics Medley Challenge 2023	Durham	NE232225	3
50 Backstroke	36.05	36.60	343	15/07/23	Gateshead & Whickham ASC Summer Meet 2023	Gateshead	NE231253	3
100 Backstroke	1:16.90	1:17.90	363	10/06/23	Middlesbrough ASC June 2023 Meet	Middlesbrough	NE230452	3
200 Backstroke	2:45.03	2:47.00	374	19/03/23	Gateshead & Whickham ASC NER Qualifier Meet 2023	Gateshead	NE230332	3
200 Individual Medley	2:37.59	2:40.10	462	25/05/24	South Tyneside 2024 Spring Meet	South Shields	NE240614	3
100 Individual Medley	1:13.39	1:13.40	456	07/04/24	Chester-le-street Open Meet 2024	Chester le Street	NE240794	3