

Individual Best Times (All Time)

Joshua Vinh - (1427510) - City Of Newport Swimming & Water

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	26.86	26.10	471	09/06/24	Torfaen Dolphins Long Course Meet 2024	Cardiff	WL240163	1
100 Freestyle	59.86	58.40	479	08/06/24	Torfaen Dolphins Long Course Meet 2024	Cardiff	WL240163	1
200 Freestyle	2:10.22	2:07.50	480	08/06/24	Torfaen Dolphins Long Course Meet 2024	Cardiff	WL240163	1
400 Freestyle	5:01.21	4:56.50	390	07/01/24	RCT Performance Swim Squad - New Year LC 2024	Cardiff	WL240122	3
50 Breaststroke	44.86	44.20	193	18/03/23	Tiger Bay Open Meet 2023	Cardiff	WL230295	3
100 Breaststroke	1:32.36	1:31.00	233	07/01/24	RCT Performance Swim Squad - New Year LC 2024	Cardiff	WL240122	3
50 Butterfly	30.82	30.20	377	09/02/24	Swim Wales Regional Racing Series - SE 2024	Cardiff	WL240021	1
100 Butterfly	1:14.72	1:13.70	289	06/01/24	RCT Performance Swim Squad - New Year LC 2024	Cardiff	WL240122	3
50 Backstroke	32.61	32.00	376	09/02/24	Swim Wales Regional Racing Series - SE 2024	Cardiff	WL240021	1
100 Backstroke	1:10.38	1:09.20	394	10/02/24	Swim Wales Regional Racing Series - SE 2024	Cardiff	WL240021	1
200 Backstroke	2:26.28	2:24.00	447	25/03/24	Swim Wales National Championships 2024	Swansea	WL240023	1
200 Individual Medley	2:37.91	2:35.40	376	06/01/24	RCT Performance Swim Squad - New Year LC 2024	Cardiff	WL240122	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.46	27.20	442	15/12/23	Swim Wales Winter Championships 2023	Swansea	WL232016	2
100 Freestyle	57.45	58.90	475	11/05/24	Wyvern Junior League Final 2024	Pontypool	WM241253	4
200 Freestyle	2:13.21	2:15.80	415	22/10/23	Greater Gwent Fast Water Open Meet 2023	Newport	WL232006	2
50 Breaststroke	38.99	39.80	262	10/12/23	City of Newport Christmas Cracker 2023	Newport	WL232455	3
50 Butterfly	31.10	31.70	342	22/10/23	Greater Gwent Fast Water Open Meet 2023	Newport	WL232006	2
50 Backstroke	31.17	31.80	356	22/10/23	Greater Gwent Fast Water Open Meet 2023	Newport	WL232006	2
100 Backstroke	1:09.12	1:10.30	341	25/11/23	Swim Wales Regional SC Championships - SE 2023	Newport	WL232011	2
200 Backstroke	2:23.17	2:25.50	401	21/10/23	CW+Millfield Int'l Meet Part of 23/24 Arena Series	Millfield School	SW231690	2
200 Individual Medley	2:30.05	2:32.70	390	10/12/23	City of Newport Christmas Cracker 2023	Newport	WL232455	3
100 Individual Medley	1:14.77	1:14.80	286	01/10/22	City of Newport SC Autumn Closed Invitational Meet	NSIV	WL221816	3