

# Individual Best Times (All Time)

Joe Griffiths - (1480764) - Maidenhead ASC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.92	29.20	341	11/05/24	Team Bath AS & Millfield L1 Last Chance Meet 2024	Millfield	SW240605	1
100 Freestyle	1:06.70	1:05.40	346	23/03/24	Guildford City L1 Spring Open Meet 2024	Guildford	SE240177	1
200 Freestyle	2:24.09	2:21.70	354	24/03/24	Guildford City L1 Spring Open Meet 2024	Guildford	SE240177	1
400 Freestyle	5:04.47	4:59.80	377	28/04/24	SE South East Region LC Championships 2024	Winchester	SE240685	1
50 Butterfly	33.02	32.40	306	12/05/24	Team Bath AS & Millfield L1 Last Chance Meet 2024	Millfield	SW240605	1
100 Butterfly	1:16.14	1:15.10	273	27/01/24	Berkshire & South Bucks County Championships 2024	Wycombe	SE240002	1
200 Butterfly	2:46.71	2:44.80	289	27/04/24	SE South East Region LC Championships 2024	Winchester	SE240685	1
50 Backstroke	35.59	35.00	289	11/05/24	Team Bath AS & Millfield L1 Last Chance Meet 2024	Millfield	SW240605	1
100 Backstroke	1:17.37	1:16.30	296	12/05/24	Team Bath AS & Millfield L1 Last Chance Meet 2024	Millfield	SW240605	1
200 Backstroke	2:47.58	2:45.60	297	17/03/24	Bracknell & Wokingham Regional Qualifier Meet 2024	Aldershot	SE240043	3
200 Individual Medley	2:44.98	2:42.60	329	12/05/24	Team Bath AS & Millfield L1 Last Chance Meet 2024	Millfield	SW240605	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.58	31.30	286	03/03/24	Maidenhead Marlins Level 3 Meet 2024	Maidenhead	SE240115	3
100 Freestyle	1:05.65	1:06.90	318	02/03/24	Maidenhead Marlins Level 3 Meet 2024	Maidenhead	SE240115	3
200 Freestyle	2:29.48	2:31.80	293	01/07/23	Maidenhead Marlins Summer Sprint Meet 2023	Maidenhead	SE231217	3
400 Freestyle	5:08.28	5:12.80	326	03/12/23	Windsor SC County Chaser Open Meet 2023	Maidenhead	SE231702	3
800 Freestyle	10:55.33	11:04.10	309	28/05/23	Maidenhead Marlins Distance Meet 2023	Maidenhead	SE230982	3
1500 Freestyle	19:23.49	19:41.10	385	02/06/24	Maidenhead Marlins Level 3 Distance Meet 2024	Maidenhead	SE240739	3
50 Breaststroke	40.47	41.20	234	02/06/24	Maidenhead Marlins Club Champs 2024	Maidenhead	SE241150	4
100 Breaststroke	1:31.53	1:32.90	220	02/03/24	Maidenhead Marlins Level 3 Meet 2024	Maidenhead	SE240115	3
200 Breaststroke	3:14.96	3:17.70	234	02/06/24	Maidenhead Marlins Club Champs 2024	Maidenhead	SE241150	4
50 Butterfly	34.64	35.20	247	03/03/24	Maidenhead Marlins Level 3 Meet 2024	Maidenhead	SE240115	3
100 Butterfly	1:16.69	1:17.70	241	18/11/23	Maidenhead ASC 2023 Internal Gala	Maidenhead	SE230605	4
200 Butterfly	2:53.72	2:55.50	232	03/12/23	Windsor SC County Chaser Open Meet 2023	Maidenhead	SE231702	3
50 Backstroke	35.37	35.90	244	08/07/23	Windsor SC Duel in the Pool	Maidenhead	SE231658	4
100 Backstroke	1:16.85	1:17.90	248	11/11/23	National Arena Swimming League South R2 2023	Maidenhead	SE232449	3
200 Backstroke	2:47.74	2:49.70	249	02/12/23	Windsor SC County Chaser Open Meet 2023	Maidenhead	SE231702	3
200 Individual Medley	2:45.19	2:47.60	292	03/03/24	Maidenhead Marlins Level 3 Meet 2024	Maidenhead	SE240115	3
400 Individual Medley	5:56.25	6:01.20	286	02/12/23	Windsor SC County Chaser Open Meet 2023	Maidenhead	SE231702	3
100 Individual Medley	1:49.69	1:49.70	90	12/06/21	Maidenhead	Braywick	LEX1806	0