

Individual Best Times (All Time)

Josie Wilson - (1598412) - Kendal SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	52.72	52.30	89	01/07/23	City of Sunderland ASC Summer Splash 2023	Sunderland	NE231255	3
50 Breaststroke	1:08.25	1:07.80	77	01/07/23	City of Sunderland ASC Summer Splash 2023	Sunderland	NE231255	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	43.45	43.90	146	27/04/24	Ulverston Spring Swim Fest 2024	Kendal	NW240532	3
100 Freestyle	1:41.31	1:42.10	122	28/04/24	Ulverston Spring Swim Fest 2024	Kendal	NW240532	3
50 Breaststroke	1:02.66	1:03.20	92	11/05/24	Kendal ASC Club Championship Gala 2 2024	Kendal	NW241220	4
100 Breaststroke	2:14.85	2:15.80	98	28/04/24	Ulverston Spring Swim Fest 2024	Kendal	NW240532	3
50 Butterfly	1:01.59	1:01.90	62	24/03/24	Kendal ASC Club Championship Gala 1 2024	Kendal	NW240732	4
50 Backstroke	53.28	53.70	106	27/04/24	Ulverston Spring Swim Fest 2024	Kendal	NW240532	3
100 Backstroke	1:55.54	1:56.20	107	08/06/24	Kendal ASC Club Championship Gala 3	Kendal	NW241221	4
100 Individual Medley	1:58.61	1:58.60	108	09/03/24	Copeland 29th Bill and Monica Griffin Gala 2024	Whitehaven	NW240658	3