

# Individual Best Times (All Time)

Joshua Trew - (1613472) - Southwold Swimming Club

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	34.37	33.80	225	17/01/24	Gloucester County ASA Swimming Championships 2024	Bristol	SW240063	1
100 Freestyle	1:16.11	1:15.00	233	16/01/24	Gloucester County ASA Swimming Championships 2024	Bristol	SW240062	1
200 Freestyle	2:59.37	2:57.40	183	13/01/24	Gloucester County ASA Swimming Championships 2024	Bristol	SW240061	1
50 Breaststroke	49.25	48.60	146	16/01/24	Gloucester County ASA Swimming Championships 2024	Bristol	SW240062	1
50 Butterfly	39.68	39.20	176	17/01/24	Gloucester County ASA Swimming Championships 2024	Bristol	SW240063	1
100 Butterfly	1:32.10	1:31.30	154	14/01/24	Gloucester County ASA Swimming Championships 2024	Bristol	SW240061	1
50 Backstroke	41.74	41.30	179	15/01/24	Gloucester County ASA Swimming Championships 2024	Bristol	SW240062	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	34.33	34.90	202	31/03/24	Soundwell SC Regional Qualifier	Weston-Super-Mare	SW240364	3
100 Freestyle	1:24.52	1:25.50	149	19/11/23	Sevenside Tritons November Sparkler L3 Meet 2023	Hutton Moor LC	SW231698	3
200 Freestyle	2:55.05	2:57.00	182	01/06/24	Sevenside Tritons Ange Marling Memorial	Weston Super Mare	SW240470	3
50 Breaststroke	49.42	50.10	128	31/03/24	Soundwell SC Regional Qualifier	Weston-Super-Mare	SW240364	3
100 Breaststroke	1:58.90	2:00.00	100	30/09/23	Bristol North 43rd Junior Open Meet 2023	Hutton Moor LC	SW230875	3
200 Breaststroke	3:55.74	3:58.00	132	18/05/24	Southwold May L3 Meet 2024	Gloucester	SW240646	3
50 Butterfly	39.95	40.40	161	19/05/24	Southwold May L3 Meet 2024	Gloucester	SW240646	3
100 Butterfly	1:34.36	1:35.20	129	31/03/24	Soundwell SC Regional Qualifier	Weston-Super-Mare	SW240364	3
50 Backstroke	42.38	42.90	141	18/05/24	Southwold May L3 Meet 2024	Gloucester	SW240646	3
100 Backstroke	1:33.18	1:34.00	139	01/06/24	Sevenside Tritons Ange Marling Memorial	Weston Super Mare	SW240470	3
200 Individual Medley	3:16.49	3:18.50	173	19/05/24	Southwold May L3 Meet 2024	Gloucester	SW240646	3
100 Individual Medley	1:33.75	1:33.80	145	18/05/24	Southwold May L3 Meet 2024	Gloucester	SW240646	3