

# Individual Best Times (All Time)

## Joseph Gage - (163630) - Cardiff Masters

### Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.10	27.30	412	21/09/13	City of Cardiff Club Championships	Cardiff	WAL514	4
100 Freestyle	1:01.24	59.90	448	03/07/11	Cardiff International Open Meet 2011	Cardiff	WAL371	1
200 Freestyle	2:16.04	2:13.50	421	21/09/13	City of Cardiff Club Championships	Cardiff	WAL514	4
400 Freestyle	4:44.60	4:39.60	462	28/09/13	City of Cardiff Club Championships	Cardiff	WAL517	4
800 Freestyle	9:44.12	9:34.10	463	02/07/11	Cardiff International Open Meet 2011	Cardiff	WAL371	1
1500 Freestyle	21:30.47	21:14.40	307	27/03/09	Tiger Bay Open Meet	Cardiff	WAL228	3
50 Breaststroke	37.04	36.20	343	17/11/12	Welsh Capital Open Meet 2012	Cardiff	WAL462	1
100 Breaststroke	1:19.96	1:18.40	359	18/11/12	Welsh Capital Open Meet 2012	Cardiff	WAL462	1
200 Breaststroke	2:47.50	2:44.30	420	31/03/13	BG Swim Wales AG & Yth & Senior Champs	Swansea	WAL483	1
50 Butterfly	30.52	29.90	388	23/09/12	City of Cardiff SC Club Championships	Cardiff	WAL447	4
100 Butterfly	1:09.91	1:08.80	353	02/07/11	Cardiff International Open Meet 2011	Cardiff	WAL371	1
200 Butterfly	2:41.27	2:39.30	320	23/04/11	Welsh Age Group & Youth Championships	Swansea	WAL350	1
50 Backstroke	33.54	32.90	346	23/09/12	City of Cardiff SC Club Championships	Cardiff	WAL447	4
100 Backstroke	1:17.07	1:16.00	300	10/04/11	City of Cardiff Closed Invitational Meet	Cardiff	WAL349	4
200 Backstroke	2:37.50	2:35.40	358	22/09/12	City of Cardiff SC Club Championships	Cardiff	WAL447	4
200 Individual Medley	2:27.73	2:25.00	459	31/03/13	BG Swim Wales AG & Yth & Senior Champs	Swansea	WAL483	1
400 Individual Medley	5:26.98	5:21.60	407	04/08/11	Welsh Summer Nationals	Swansea	WAL375	1

### Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.39	28.10	398	20/10/12	Greater Gwent Fast Water Open Meet	Newport	WAL454	2
100 Freestyle	58.93	1:00.30	440	23/10/11	Greater Gwent Fast Water Open	Newport	WAL388	1
200 Freestyle	2:12.38	2:15.00	422	04/02/12	South East Wales Regional Championships	Newport	WAL408	2
400 Freestyle	4:39.84	4:44.80	436	19/09/10	City of Cardiff Champs	Cardiff	WAL313	4
800 Freestyle	9:52.74	10:02.40	418	06/02/11	South East Wales Regional Championships	Newport	WAL338	2
50 Breaststroke	39.81	40.60	246	09/07/11	Gemau Cymru 2011	Cardiff	WAL373	2
100 Breaststroke	1:15.26	1:16.90	396	20/10/12	Greater Gwent Fast Water Open Meet	Newport	WAL454	2
200 Breaststroke	2:41.50	2:44.70	411	20/10/12	Greater Gwent Fast Water Open Meet	Newport	WAL454	2
50 Butterfly	30.27	30.90	370	23/10/11	Greater Gwent Fast Water Open	Newport	WAL388	1
100 Butterfly	1:06.87	1:08.00	364	21/10/12	Greater Gwent Fast Water Open Meet	Newport	WAL454	2
200 Butterfly	2:36.37	2:38.40	319	23/10/10	Greater Gwent Open Water	Newport	WAL328	1
50 Backstroke	34.70	35.30	258	09/07/11	Gemau Cymru 2011	Cardiff	WAL373	2
100 Backstroke	1:08.36	1:09.50	353	20/10/12	Greater Gwent Fast Water Open Meet	Newport	WAL454	2
200 Backstroke	2:32.30	2:34.50	333	21/10/12	Greater Gwent Fast Water Open Meet	Newport	WAL454	2
200 Individual Medley	2:23.49	2:26.20	445	21/10/12	Greater Gwent Fast Water Open Meet	Newport	WAL454	2
400 Individual Medley	6:08.60	6:13.30	258	16/11/08	SE Wales Sub Regional	Newport	WAL215	4
100 Individual Medley	1:27.85	1:27.80	176	12/07/08	City of Hereford Sprint Mt	Hereford	WM8278	3