

Individual Best Times (All Time)

Joshua Gray - (179670) - West Norfolk Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	26.76	26.00	477	05/05/13	ASA East Region Youth Championships	Luton	ERX312	1
100 Freestyle	1:08.95	1:07.70	313	24/11/07	Sheffield City B Grade	Sheffield	NE7245	3
800 Freestyle	10:31.37	10:22.10	367	14/02/09	Norfolk County Champs	Norwich	CC9113	2
50 Breaststroke	32.34	31.40	516	10/04/11	City of Norwich Easter Meet	Norwich	ER1130	1
100 Breaststroke	1:10.91	1:09.10	516	05/05/12	ASA East Region Youth Championships	Basildon	ERX203	1
200 Breaststroke	2:34.56	2:31.10	535	06/05/12	ASA East Region Youth Championships	Basildon	ERX203	1
50 Butterfly	28.98	28.30	453	07/12/13	ASA East Regionals Winter Championships	Norwich	ERX328	1
100 Butterfly	1:25.15	1:24.30	195	24/11/07	Sheffield City B Grade	Sheffield	NE7245	3
50 Backstroke	43.28	42.80	161	26/11/05	Sheffield City B Grade Mt	Sheffield	NE5047	3
100 Backstroke	1:22.47	1:21.50	244	24/11/07	Sheffield City B Grade	Sheffield	NE7245	3
200 Individual Medley	2:21.44	2:18.60	523	05/05/12	ASA East Region Youth Championships	Basildon	ERX203	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	25.85	26.60	474	06/12/14	ASA East Region Winter Championships	Luton	ERX432	2
100 Freestyle	57.15	58.60	483	15/04/12	City Of Leicester 2012 Age Group Meet	Braunstone	EM2080	2
200 Freestyle	2:05.10	2:07.80	501	03/03/12	Norfolk County Championships	Thetford	CC2080	2
400 Freestyle	5:17.74	5:22.10	298	11/03/07	Norfolk County Champs	Thetford	CC7064	2
50 Breaststroke	30.79	31.80	532	08/03/20	WNCS Open Meet 2020	Kings Lynn	ER200223	3
100 Breaststroke	1:07.68	1:09.50	544	16/10/11	BG ASA National County Team Division 2	Sheffield	ASA114	2
200 Breaststroke	2:28.50	2:32.00	529	23/10/11	teamipswich 13th Open Meet	Ipswich	ER1483	2
50 Butterfly	28.65	29.30	437	02/03/14	Norfolk County Champs & AG Comp	Thetford	CC4108	2
100 Butterfly	1:02.93	1:04.10	437	03/03/12	Norfolk County Championships	Thetford	CC2080	2
50 Backstroke	31.39	32.00	349	03/03/12	Norfolk County Championships	Thetford	CC2080	2
100 Backstroke	1:08.57	1:09.70	350	06/03/11	Norfolk County Championships	Thetford	CC1100	2
200 Backstroke	2:26.24	2:28.50	376	12/03/11	Norfolk County Championships	Thetford	CC1101	2
200 Individual Medley	2:16.73	2:19.60	515	11/03/12	Norfolk County Championships	Thetford	CC2081	2
400 Individual Medley	4:57.44	5:03.30	491	22/10/11	teamipswich 13th Open Meet	Ipswich	ER1483	2
100 Individual Medley	1:03.03	1:03.00	477	03/03/12	Norfolk County Championships	Thetford	CC2080	2