

Individual Best Times (All Time)

Joshua Teague - (312500) -

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.68	26.90	431	13/01/13	British Gas Swim Wales New Year Meet	Swansea	WAL469	1
100 Freestyle	58.98	57.50	501	18/11/12	Welsh Capital Open Meet 2012	Cardiff	WAL462	1
200 Freestyle	2:11.35	2:08.70	468	11/01/13	British Gas Swim Wales New Year Meet	Swansea	WAL469	1
400 Freestyle	4:41.64	4:36.60	477	12/01/13	British Gas Swim Wales New Year Meet	Swansea	WAL469	1
50 Breaststroke	43.01	42.30	219	26/02/12	City of Cardiff Invitational Meet	Cardiff	WAL416	4
100 Breaststroke	1:37.17	1:35.90	200	26/02/12	City of Cardiff Invitational Meet	Cardiff	WAL416	4
50 Butterfly	31.37	30.80	357	22/01/12	Exeter City Level 1 Open Meet	Cardiff	SW2054	1
100 Butterfly	1:08.33	1:07.20	379	01/04/13	BG Swim Wales AG & Yth & Senior Champs	Swansea	WAL483	1
50 Backstroke	34.28	33.70	324	25/03/12	Tiger Bay Open Meet	Cardiff	WAL420	1
100 Backstroke	1:14.45	1:13.40	332	23/03/13	City of Cardiff SC Tiger Bay Open Meet	Cardiff	WAL481	3
200 Backstroke	2:42.99	2:40.90	323	26/11/11	Welsh Capital Open Meet	Cardiff	WAL394	1
200 Individual Medley	2:35.66	2:33.10	392	21/07/12	Welsh Summer National 2012	Swansea	WAL445	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.23	28.00	405	05/02/13	South East Wales Regional Championships	Newport	WAL472	2
100 Freestyle	58.31	59.70	454	04/02/13	South East Wales Regional Championships	Newport	WAL472	2
200 Freestyle	2:09.88	2:12.50	447	27/10/12	Tigers SC 31st Autumn Open Meet	Jersey	SE2324	2
400 Freestyle	4:35.86	4:40.90	455	27/10/12	Tigers SC 31st Autumn Open Meet	Jersey	SE2324	2
50 Breaststroke	41.24	42.00	221	27/10/12	Tigers SC 31st Autumn Open Meet	Jersey	SE2325	3
100 Breaststroke	1:27.43	1:28.90	252	05/02/13	South East Wales Regional Championships	Newport	WAL472	2
200 Breaststroke	4:26.38	4:28.40	91	07/12/08	Warrington Percy Mason Mem	Warrington	NW8380	3
50 Butterfly	31.49	32.10	329	27/10/12	Tigers SC 31st Autumn Open Meet	Jersey	SE2324	2
100 Butterfly	1:08.86	1:10.00	334	23/06/12	Torfaen SC Open Meet 2012	Torfaen	WAL438	2
50 Backstroke	33.93	34.50	276	27/10/12	Tigers SC 31st Autumn Open Meet	Jersey	SE2325	3
100 Backstroke	1:11.42	1:12.50	309	04/02/12	South East Wales Regional Championships	Newport	WAL408	2
200 Backstroke	2:36.92	2:39.00	305	28/10/12	Tigers SC 31st Autumn Open Meet	Jersey	SE2325	3
200 Individual Medley	2:29.22	2:31.80	396	03/02/13	South East Wales Regional Championships	Newport	WAL471	2
100 Individual Medley	1:28.88	1:28.90	170	27/06/09	Torfaen Meet 2009	Newport	WAL242	3