

Individual Best Times (All Time)

Joshua Bestwick - (556912) - Derby Phoenix SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.81	27.10	425	12/03/17	City of Sheffield March Madness	Sheffield	NE170247	3
100 Freestyle	59.90	58.50	478	07/07/18	DX Summer Spectacular Sprint Meet	Sheffield	EM180318	3
200 Freestyle	2:19.40	2:16.90	391	25/11/17	City of Sheffield Snow Frills Meet	Sheffield	NE170317	3
400 Freestyle	5:33.66	5:29.40	286	13/07/14	Northampton Summer Festival Open Meet	Corby	EM4053	3
50 Breaststroke	37.46	36.60	332	15/12/19	Derbyshire ASA Long Course Competition 2019	Sheffield	EM192731	3
100 Breaststroke	1:25.64	1:24.20	292	13/07/19	Richmond Dales Summer Madness Gala 2019	Leeds	NE191610	3
200 Breaststroke	3:13.90	3:11.20	271	26/11/17	City of Sheffield Snow Frills Meet	Sheffield	NE170317	3
50 Butterfly	29.25	28.60	441	10/03/19	Nova Centurion March Sprint Meet 2019	Nottingham	EM190181	3
100 Butterfly	1:07.19	1:06.10	398	26/11/17	City of Sheffield Snow Frills Meet	Sheffield	NE170317	3
200 Butterfly	2:47.94	2:46.00	283	25/11/17	City of Sheffield Snow Frills Meet	Sheffield	NE170317	3
50 Backstroke	32.40	31.80	384	15/12/19	Derbyshire ASA Long Course Competition 2019	Sheffield	EM192731	3
100 Backstroke	1:12.40	1:11.30	362	19/01/19	Rotherham Metro A & B Long Course Graded Meet	Sheffield	NE190112	3
200 Backstroke	2:40.95	2:38.90	336	27/11/16	City of Sheffield Snow Frills Meet	Sheffield	NE160213	3
200 Individual Medley	2:39.71	2:37.20	363	07/07/18	DX Summer Spectacular Sprint Meet	Sheffield	EM180318	3
400 Individual Medley	5:54.98	5:50.00	318	17/07/16	Wycombe District End of Season Open Meet 2016	Wycombe	SE160109	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.00	27.80	416	15/07/18	Rotherham Metro A & B Grade SC	Sheffield	NE180245	3
100 Freestyle	58.27	59.70	455	14/07/18	Rotherham Metro A & B Grade SC	Sheffield	NE180245	3
200 Freestyle	2:11.71	2:14.30	429	16/02/19	Derbyshire ASA County Championships 2019	MATLOCK	EM190290	2
400 Freestyle	4:46.39	4:51.20	407	24/06/17	City of Leeds Summer Meet 2017	Leeds	NE170157	3
800 Freestyle	11:22.77	11:31.20	273	21/09/13	Long Eaton Club Championships	Long Eaton	EM3579	4
1500 Freestyle	18:58.54	19:16.50	411	19/02/17	Derbys ASA 2017 County, Youth & Age Group Champs	Matlock	EM170435	2
50 Breaststroke	36.23	37.10	326	16/02/20	Derbyshire ASA County Championships 2020	Matlock	EM200327	2
100 Breaststroke	1:20.25	1:21.80	326	22/02/20	Derbyshire ASA County Championships 2020	Matlock	EM200328	2
200 Breaststroke	2:58.02	3:01.00	307	24/06/17	City of Leeds Summer Meet 2017	Leeds	NE170157	3
50 Butterfly	29.08	29.70	418	14/07/18	Rotherham Metro A & B Grade SC	Sheffield	NE180245	3
100 Butterfly	1:04.54	1:05.70	405	15/07/18	Rotherham Metro A & B Grade SC	Sheffield	NE180245	3
200 Butterfly	2:32.75	2:34.80	342	15/07/18	Rotherham Metro A & B Grade SC	Sheffield	NE180245	3
50 Backstroke	31.31	31.90	352	15/02/20	Derbyshire ASA County Championships 2020	Matlock	EM200327	2
100 Backstroke	1:07.97	1:09.10	359	19/01/20	Long Eaton 2020 Open Meet	Derby	EM200074	3
200 Backstroke	2:33.55	2:35.70	325	20/03/22	City of Derby 38th Licensed Open Meet	Matlock	EM220233	3
200 Individual Medley	2:31.83	2:34.40	376	15/02/20	Derbyshire ASA County Championships 2020	Matlock	EM200327	2
400 Individual Medley	5:26.80	5:32.10	370	18/02/17	Derbys ASA 2017 County, Youth & Age Group Champs	Matlock	EM170435	2
100 Individual Medley	1:07.88	1:07.90	382	27/02/22	Derbyshire ASA County Championships 2022	Matlock	EM220032	2