

Individual Best Times (All Time)

Joseph Keeley - (55994) - Trafford Metro Bor SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	24.79	23.90	600	10/06/23	Arena Manchester Summer Open 2023	Manchester	NW231332	3
100 Freestyle	55.95	54.40	587	10/06/23	Arena Manchester Summer Open 2023	Manchester	NW231332	3
200 Freestyle	2:10.73	2:08.10	474	20/02/16	BUCS Long Course Championships	Sheffield	NE160130	1
400 Freestyle	5:39.30	5:35.10	272	16/04/05	Radford Open Meet 2005	Sheffield	L1M283	1
50 Breaststroke	30.08	29.00	642	09/03/24	City of Sheffield SS Premier Open Meet 2024	Sheffield	NE240033	1
100 Breaststroke	1:07.61	1:05.70	595	10/03/24	City of Sheffield SS Premier Open Meet 2024	Sheffield	NE240033	1
200 Breaststroke	2:43.71	2:40.50	450	20/02/16	BUCS Long Course Championships	Sheffield	NE160130	1
50 Butterfly	30.73	30.10	380	06/04/19	City of Bristol International Open Meet	Hengrove Park	SW191151	1
50 Backstroke	31.34	30.70	424	22/02/14	BUCS Long Course 2014	Sheffield	BUC009	1
100 Backstroke	1:08.36	1:07.20	430	23/02/14	BUCS Long Course 2014	Sheffield	BUC009	1
200 Backstroke	3:12.16	3:10.40	197	02/10/04	The Robin Hood Open Meet 2004	Sheffield	L2M124	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	23.59	24.50	624	19/11/22	BUCS Short Course 2022-23	Sheffield	NE222500	2
100 Freestyle	55.49	57.00	527	15/11/15	BUCS Short Course Championships	Sheffield	NE151867	2
200 Freestyle	2:45.53	2:47.60	216	08/05/05	Satellite Open Meet 2005	Maclesfield	L2N318	2
400 Freestyle	4:30.26	4:35.40	484	27/11/16	Trafford Metro Club Championships	Sale	NW162437	4
1500 Freestyle	18:15.85	18:34.50	461	04/12/16	Trafford Metro Club Championships	Sale	NW162438	4
50 Breaststroke	29.13	30.20	628	08/12/23	Scottish National Short Course Championships 2023	Edinburgh	SCO2114	2
100 Breaststroke	1:05.34	1:07.20	605	20/11/22	BUCS Short Course 2022-23	Sheffield	NE222500	2
200 Breaststroke	2:36.14	2:39.50	455	25/06/23	Trafford MBSC Club Championships 2023	Sale	NW230811	4
50 Butterfly	42.54	43.00	133	22/01/06	Bolton & Manchester	Manchester	NW6053	2
50 Backstroke	30.52	31.20	380	14/11/15	BUCS Short Course Championships	Sheffield	NE151867	2
100 Backstroke	1:05.02	1:06.20	410	15/11/15	BUCS Short Course Championships	Sheffield	NE151867	2
200 Backstroke	3:02.70	3:04.50	193	13/03/05	Cheshire County Championships	Various	CCN516	2
200 Individual Medley	2:29.59	2:32.20	393	05/07/15	Trafford Metro 2015 Club Championships	Sale	NW151311	4
100 Individual Medley	1:05.12	1:05.10	433	23/04/17	Trafford Metro Olympian Point Score 2017	Sale	NW171038	4