

Individual Best Times (All Time)

Joshua Downes - (809286) - Witham Dolphins SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Breaststroke	40.14	39.30	270	23/11/13	Essex Winter Long Course Competition	Basildon	ER3696	1
100 Breaststroke	1:31.55	1:30.20	239	24/11/13	Essex Winter Long Course Competition	Basildon	ER3696	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.02	31.70	274	30/03/14	Essex County Age Groups Championships	Basildon	CC4042	2
100 Freestyle	1:08.86	1:10.10	276	15/11/14	Witham Dolphins Club Championships	Witham	ER14305	3
200 Freestyle	2:31.99	2:34.30	279	09/11/14	Witham Dolphins Club Championships	Witham	ER14304	4
400 Freestyle	5:56.22	6:00.20	211	09/06/13	Witham Dolphins SC Summer Distance Events 2013	Witham	ER3513	4
800 Freestyle	13:52.50	13:59.40	151	19/06/11	Witham Dolphins Club Championships	Witham	ER1363	4
1500 Freestyle	25:17.38	25:31.00	173	07/12/12	Witham Dolphin SC Winter Club Championship	Witham	ER2808	4
50 Breaststroke	37.57	38.40	292	30/03/14	Essex County Age Groups Championships	Basildon	CC4042	2
100 Breaststroke	1:23.79	1:25.30	287	31/01/15	Essex County Age Group Championships 2015	Southend	CC150044	2
200 Breaststroke	3:13.45	3:16.20	239	23/11/14	Witham Dolphins Winter Club Championships	Witham	ER14306	4
50 Butterfly	40.67	41.10	152	27/10/13	Witham Dolphins Winter Club Championships	Witham	ER3885	4
50 Backstroke	39.48	40.00	175	27/10/13	Witham Dolphins Winter Club Championships	Witham	ER3885	4
100 Backstroke	1:21.96	1:22.90	205	15/11/14	Witham Dolphins Club Championships	Witham	ER14305	3
200 Backstroke	3:32.60	3:34.20	122	10/12/11	Witham Dolphins Club Championships	Witham	ER1671	4
200 Individual Medley	3:11.55	3:13.60	187	23/10/13	Witham Dolphins Winter Club Championships	Witham	ER3885	4
100 Individual Medley	1:28.89	1:28.90	170	27/10/13	Witham Dolphins Winter Club Championships	Witham	ER3885	4