

# Individual Best Times (All Time)

Joshua Pate - (822788) - Glossop ASC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.71	28.00	386	23/04/16	Stocksbridge Spring Open Meet 2016	Sheffield	NE160227	3
100 Freestyle	1:03.48	1:02.10	402	23/04/16	Stocksbridge Spring Open Meet 2016	Sheffield	NE160227	3
50 Breaststroke	53.73	53.10	112	04/12/11	City of Sheffield Snow Frill Gala	Sheffield	NE1120	3
200 Breaststroke	4:00.51	3:58.30	142	04/12/11	City of Sheffield Snow Frill Gala	Sheffield	NE1120	3
50 Butterfly	31.80	31.20	343	23/04/16	Stocksbridge Spring Open Meet 2016	Sheffield	NE160227	3
50 Backstroke	35.19	34.60	299	26/07/15	City of Sheffield Summer Meet	Sheffield	NE150209	3
100 Backstroke	1:15.32	1:14.20	321	26/07/15	City of Sheffield Summer Meet	Sheffield	NE150209	3
200 Backstroke	3:19.29	3:17.60	177	04/12/11	City of Sheffield Snow Frill Gala	Sheffield	NE1120	3
200 Individual Medley	2:40.03	2:37.50	361	25/07/15	City of Sheffield Summer Meet	Sheffield	NE150209	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.62	29.30	349	30/04/16	Blackpool Rocks 2016	Blackpool	NW160510	3
100 Freestyle	1:03.09	1:04.40	359	30/04/16	Blackpool Rocks 2016	Blackpool	NW160510	3
200 Freestyle	2:24.15	2:26.50	327	18/10/14	Greater Manchester Autumn Meet 2014	Wigan	NW4463	3
400 Freestyle	5:22.29	5:26.60	285	26/09/14	Stockport Metro SC Club Championships	Stockport	NW4390	4
1500 Freestyle	21:50.36	22:06.00	269	01/10/14	Stockport Metro SC Club Championships	Stockport	NW4390	4
50 Breaststroke	38.68	39.50	268	20/09/15	City of Stoke on Trent B Grade Open Meet	Stoke on Trent	WM150901	3
100 Breaststroke	1:28.25	1:29.70	245	27/07/14	City of Salford Summer Spectacular 2014	Wigan	NW4123	3
200 Breaststroke	3:03.57	3:06.40	280	29/11/15	Percy Mason Memorial Gala	Warrington	NW151819	3
50 Butterfly	31.72	32.30	322	30/04/16	Blackpool Rocks 2016	Blackpool	NW160510	3
100 Butterfly	1:10.65	1:11.70	309	30/04/16	Blackpool Rocks 2016	Blackpool	NW160510	3
50 Backstroke	32.83	33.40	305	01/05/16	Blackpool Rocks 2016	Blackpool	NW160510	3
100 Backstroke	1:12.72	1:13.80	293	05/07/15	Borough of Barnsley 8th Annual Summer Sizzler	Sheffield	NE150893	3
200 Backstroke	2:33.44	2:35.60	326	27/06/15	Aquabears of Rochdale Open Summer Meet	Wigan	NW150600	3
200 Individual Medley	2:35.16	2:37.70	352	07/02/16	Cheshire County Championships 2016	Macclesfield	NW160012	2
400 Individual Medley	5:55.65	6:00.60	287	30/09/14	Stockport Metro SC Club Championships	Stockport	NW4390	4
100 Individual Medley	1:12.17	1:12.20	318	30/04/16	Blackpool Rocks 2016	Blackpool	NW160510	3