

Individual Best Times (All Time)

Joshua Metson - (836389) - Rochford & District SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.33	27.60	402	04/02/17	Essex Age Group Championships	London	ER170023	1
100 Freestyle	1:09.55	1:08.30	305	11/04/15	Killerwhales Mid Qualifying Meet	Basildon	LR150206	1
200 Freestyle	2:16.10	2:13.50	420	19/02/17	Essex Age Group Championships 2017	Basildon	ER170025	1
50 Breaststroke	48.59	47.90	152	23/11/13	Essex Winter Long Course Competition	Basildon	ER3696	1
50 Butterfly	31.48	30.90	354	04/02/17	Essex Age Group Championships	London	ER170023	1
100 Butterfly	1:11.86	1:10.80	325	19/02/17	Essex Age Group Championships 2017	Basildon	ER170025	1
50 Backstroke	40.11	39.60	202	01/02/14	ISA National Swimming Championships	Coventry	WM4055	1
200 Individual Medley	3:08.05	3:05.90	222	23/11/13	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	27.81	28.50	380	25/11/17	Rochford & District Club Championships 2017	Hawkwell	ER172439	4
100 Freestyle	58.22	59.60	456	14/12/19	NASL London Round 3	Braintree	ER192870	3
200 Freestyle	2:10.81	2:13.40	438	25/11/17	Rochford & District Club Championships 2017	Hawkwell	ER172439	4
400 Freestyle	4:57.25	5:01.90	364	15/10/16	Rochford & District Club Championships	Rochford	ER162082	4
50 Breaststroke	44.33	45.00	178	30/03/14	Essex County Age Groups Championships	Basildon	CC4042	2
100 Breaststroke	1:36.24	1:37.50	189	10/10/15	National Arena League-London Div1&2 Rounds123	Dagenham	ER152118	3
50 Butterfly	32.50	33.10	299	25/09/21	Rochford & District SC Club Championships 2021	Clements Hall	ER210435	4
100 Butterfly	1:09.03	1:10.10	331	12/10/19	NASL London Round 1	Braintree	ER192856	3
50 Backstroke	40.50	41.00	162	22/06/14	Rochford & District SC Club Championships 2014	Rochford	ER4476	4
100 Backstroke	1:25.53	1:26.50	180	12/06/14	Rochford & District SC Club Championships 2014	Rochford	ER4476	4
200 Individual Medley	2:33.94	2:36.50	361	25/11/17	Rochford & District Club Championships 2017	Hawkwell	ER172439	4
100 Individual Medley	1:11.72	1:11.70	324	25/09/21	Rochford & District SC Club Championships 2021	Clements Hall	ER210435	4