

Individual Best Times (All Time)

Joshua Fowles - (844576) - Witham Dolphins SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	24.94	24.10	589	02/02/19	ESSEX AGE GROUP CHAMPS 2019	LONDON	ER190209	1
100 Freestyle	53.47	51.90	673	03/02/19	Essex Age Group Champs 2019	Basildon	ER190210	1
200 Freestyle	1:57.66	1:54.70	651	25/05/19	2019 London Swimming National Qualifier	London	LR191473	1
400 Freestyle	4:10.49	4:04.80	678	03/02/19	Essex Age Group Champs 2019	Basildon	ER190210	1
800 Freestyle	8:40.02	8:28.80	657	27/07/19	British Summer Championships	Glasgow	BSW011	1
1500 Freestyle	16:29.20	16:08.20	682	25/07/19	British Summer Championships	Glasgow	BSW011	1
50 Breaststroke	32.32	31.30	517	02/02/19	ESSEX AGE GROUP CHAMPS 2019	LONDON	ER190209	1
100 Breaststroke	1:11.98	1:10.20	493	16/02/19	Essex Age Group Champs 2019	Basildon	ER190211	1
200 Breaststroke	2:36.39	2:33.00	516	17/02/19	Essex Age Group Champs 2019	Basildon	ER190211	1
50 Butterfly	27.65	27.00	522	02/02/19	ESSEX AGE GROUP CHAMPS 2019	LONDON	ER190209	1
100 Butterfly	1:07.78	1:06.70	388	27/09/15	BWFSC County Qualifier Meet 2015	London	LR151058	3
200 Butterfly	2:17.88	2:15.60	512	01/03/20	Essex Age Group Championships 2020	Basildon	ER200175	1
50 Backstroke	32.04	31.40	397	06/02/16	Essex Age Group Championships 2016	London	ER160003	1
100 Backstroke	1:16.67	1:15.60	304	23/11/13	Essex Winter Long Course Competition	Basildon	ER3696	1
200 Backstroke	2:36.98	2:34.80	362	20/07/14	Basildon & Phoenix End of Season Meet	Basildon	ER4489	3
200 Individual Medley	2:14.45	2:11.50	609	17/02/19	Essex Age Group Champs 2019	Basildon	ER190211	1
400 Individual Medley	4:46.28	4:40.10	607	16/02/19	Essex Age Group Champs 2019	Basildon	ER190211	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	24.64	25.50	547	16/12/17	Last Chance County Qualifying Meet December 2017	Fullwell Cross	LR170570	3
100 Freestyle	52.33	53.90	629	20/10/19	Essex Senior Winter Champs	Basildon	ER191968	2
200 Freestyle	1:53.78	1:56.80	666	20/01/19	Essex Age Group Champs 2019	Basildon	ER190208	2
400 Freestyle	4:01.60	4:07.30	678	07/12/19	WDSC Winter Champs 2019	Witham	ER193020	4
800 Freestyle	8:27.43	8:38.70	667	19/10/19	Essex Senior Winter Champs	Basildon	ER191968	2
1500 Freestyle	15:54.01	16:15.30	699	18/01/19	Essex Age Group Champs 2019	Basildon	ER190208	2
50 Breaststroke	32.43	33.40	455	20/10/18	Essex Senior Winter Champs 2018	Basildon	ER181237	2
100 Breaststroke	1:10.01	1:11.80	492	30/09/18	BPSC Season Opener 2018	Basildon	ER181384	3
200 Breaststroke	2:30.79	2:34.20	506	08/12/19	WDSC Winter Champs 2019	Witham	ER193020	4
50 Butterfly	27.43	28.10	498	02/06/19	WDSC Summer Invitational Meet 2019	Witham LC	ER191547	4
100 Butterfly	58.96	1:00.20	532	20/01/19	Essex Age Group Champs 2019	Basildon	ER190208	2
200 Butterfly	2:09.94	2:12.30	556	20/01/19	Essex Age Group Champs 2019	Basildon	ER190208	2
50 Backstroke	29.54	30.20	419	30/10/16	Essex Senior Winter Championships 2016	Basildon	ER161065	2
100 Backstroke	1:02.72	1:04.00	457	24/11/19	WDSC Winter Champs 2019	Witham	ER193019	4
200 Backstroke	2:14.50	2:17.00	484	10/11/19	WDSC Winter Champs 2019	Witham	ER193018	4
200 Individual Medley	2:12.07	2:15.00	571	19/10/19	Essex Senior Winter Champs	Basildon	ER191968	2
400 Individual Medley	4:38.89	4:45.10	596	28/05/19	WDSC Summer Champs 2019	Witham LC	ER191548	4
100 Individual Medley	1:00.79	1:00.80	532	02/06/19	WDSC Summer Invitational Meet 2019	Witham LC	ER191547	4