

# Individual Best Times (All Time)

Joshua Cowham - (901333) - Thanet Swim Club

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	26.53	25.70	489	14/01/17	16th City of Derby Long Course Open Meet	Sheffield	EM170105	1
100 Freestyle	58.15	56.70	523	12/03/16	Wycombe Inaugural LC Premier Meet	Wycombe	SE160111	1
200 Freestyle	2:09.00	2:06.30	494	14/01/17	16th City of Derby Long Course Open Meet	Sheffield	EM170105	1
400 Freestyle	4:32.11	4:26.90	528	25/03/16	Portsmouth Northsea Easter Festival	Portsmouth	SE160363	1
1500 Freestyle	19:12.95	18:54.90	431	16/02/14	BG Kent ASA Swimming Championships	Crystal Palace	CC4060	1
50 Breaststroke	32.75	31.80	497	29/04/17	ASA South East Region Championships 2017	Wycombe	SE170865	1
100 Breaststroke	1:13.24	1:11.50	468	15/01/17	16th City of Derby Long Course Open Meet	Sheffield	EM170105	1
200 Breaststroke	2:38.40	2:35.00	497	27/03/16	Portsmouth Northsea Easter Festival	Portsmouth	SE160363	1
50 Butterfly	30.21	29.60	400	11/03/17	Wycombe Long Course Premier Open Meet	Wycombe	SE170384	1
100 Butterfly	1:10.35	1:09.30	347	19/04/15	Crawley Spring LC Open Meet 2015	Crawley	SE150218	1
50 Backstroke	31.23	30.60	428	06/08/15	ASA Summer Nationals 2015	Sheffield	ASA142	1
100 Backstroke	1:07.48	1:06.30	447	08/08/15	ASA Summer Nationals 2015	Sheffield	ASA142	1
200 Backstroke	2:18.89	2:16.50	523	26/03/16	Portsmouth Northsea Easter Festival	Portsmouth	SE160363	1
200 Individual Medley	2:19.24	2:16.40	548	13/02/16	Kent Swimming Championships 2016	London	SE160331	1
400 Individual Medley	4:53.57	4:47.50	563	04/08/15	ASA Summer Nationals 2015	Sheffield	ASA142	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.12	27.90	410	07/06/15	Thanet Swim Club Margate Open	Hartdown	SE150633	3
100 Freestyle	57.20	58.60	481	19/12/15	City of Bristol Level 2 Open Meet	Hengrove Park	SW151969	2
200 Freestyle	2:05.34	2:08.10	498	19/12/15	City of Bristol Level 2 Open Meet	Hengrove Park	SW151969	2
400 Freestyle	4:23.20	4:28.50	524	16/07/15	Thanet Club Championships	Hartdown	SE151181	4
1500 Freestyle	18:20.45	18:39.00	455	18/12/14	Thanet Long Distance Meet	Hartdown	SE14606	4
50 Breaststroke	32.64	33.60	446	20/12/15	City of Bristol Level 2 Open Meet	Hengrove Park	SW151969	2
100 Breaststroke	1:11.69	1:13.40	458	20/12/15	City of Bristol Level 2 Open Meet	Hengrove Park	SW151969	2
200 Breaststroke	2:46.49	2:49.60	375	26/10/14	East Invicta Annual Championships	Canterbury	SE4372	3
50 Butterfly	30.02	30.60	380	19/12/15	City of Bristol Level 2 Open Meet	Hengrove Park	SW151969	2
100 Butterfly	1:08.22	1:09.30	343	28/11/15	Thanet Swim Club Advent County Qualifier	Hartdown	SE150613	3
50 Backstroke	30.28	30.90	389	19/12/15	City of Bristol Level 2 Open Meet	Hengrove Park	SW151969	2
100 Backstroke	1:04.57	1:05.80	419	28/11/15	Thanet Swim Club Advent County Qualifier	Hartdown	SE150613	3
200 Backstroke	2:15.94	2:18.40	469	26/09/15	Thanet SC Club Championships	Hartdown	SE151185	4
200 Individual Medley	2:17.80	2:20.60	503	20/12/15	City of Bristol Level 2 Open Meet	Hengrove Park	SW151969	2
400 Individual Medley	4:52.54	4:58.50	517	09/07/15	Thanet Club Championships	Hartdown	SE151180	4
100 Individual Medley	1:04.48	1:04.50	446	28/11/15	Thanet Swim Club Advent County Qualifier	Hartdown	SE150613	3