

Individual Best Times (All Time)

Joshua Riding - (978543) - Spenborough SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.41	27.70	398	11/02/17	Yorkshire SA County Championships	Sheffield	NE170142	1
100 Freestyle	1:01.95	1:00.60	432	27/05/17	ASA North East Region Championships	Sunderland	NE170146	1
200 Freestyle	2:17.52	2:15.00	408	05/02/17	Yorkshire SA County Championships	Leeds	NE170141	1
400 Freestyle	4:47.09	4:42.20	450	04/02/17	Yorkshire SA County Championships	Leeds	NE170141	1
1500 Freestyle	19:48.77	19:31.30	393	08/01/17	City of Leeds New Year Meet 2017	Leeds	NE170154	3
50 Breaststroke	38.61	37.80	303	11/02/17	Yorkshire SA County Championships	Sheffield	NE170142	1
100 Breaststroke	1:24.58	1:23.10	304	04/02/17	Yorkshire SA County Championships	Leeds	NE170141	1
200 Breaststroke	3:07.61	3:04.80	299	04/02/17	Yorkshire SA County Championships	Leeds	NE170141	1
50 Butterfly	30.24	29.60	399	11/02/17	Yorkshire SA County Championships	Sheffield	NE170142	1
100 Butterfly	1:10.03	1:08.90	352	25/02/17	Yorkshire SA County Championships	Leeds	NE170143	1
200 Butterfly	2:37.21	2:35.20	345	20/05/17	ASA North East Region Championships	Sunderland	NE170146	1
50 Backstroke	33.03	32.40	362	11/02/17	Yorkshire SA County Championships	Sheffield	NE170142	1
100 Backstroke	1:13.23	1:12.10	349	26/02/17	Yorkshire SA County Championships	Leeds	NE170143	1
200 Backstroke	2:36.42	2:34.30	366	08/04/17	Richmond Dales April Fool Gala	Leeds	NE170269	1
200 Individual Medley	2:32.17	2:29.60	420	27/05/17	ASA North East Region Championships	Sunderland	NE170146	1
400 Individual Medley	5:22.41	5:16.90	425	25/03/17	City of Sheffield Premier Meet	Sheffield	NE170248	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.22	29.90	328	01/10/16	Yorkshire SA Winter Competition	Leeds	NE162071	2
100 Freestyle	1:06.34	1:07.60	308	11/10/15	Yorkshire Winter Competition	Sheffield	NE151548	2
200 Freestyle	2:27.16	2:29.50	307	18/10/15	Borough of Kirklees Championship Series	Huddersfield	NE151543	4
400 Freestyle	5:12.00	5:16.50	314	18/10/15	Borough of Kirklees Championship Series	Huddersfield	NE151543	4
50 Breaststroke	41.94	42.70	210	19/09/15	Rotherham Metro A & B Grade Short Course Meet	Sheffield	NE150502	3
100 Breaststroke	1:25.17	1:26.60	273	01/10/16	Yorkshire SA Winter Competition	Leeds	NE162071	2
200 Breaststroke	3:25.81	3:28.40	199	19/10/14	Borough of Kirklees SC Championship	Huddersfield	NE4565	4
50 Butterfly	34.39	34.90	252	17/04/16	Borough of Kirklees April Short Course Open Meet	Huddersfield	NE160599	3
100 Butterfly	1:17.80	1:18.80	231	17/04/16	Borough of Kirklees April Short Course Open Meet	Huddersfield	NE160599	3
200 Butterfly	2:57.15	2:58.90	219	21/11/15	ASANER Regional Age Group Championships	Sunderland	NE151549	2
50 Backstroke	33.87	34.50	278	17/04/16	Borough of Kirklees April Short Course Open Meet	Huddersfield	NE160599	3
100 Backstroke	1:14.09	1:15.20	277	01/10/16	Yorkshire SA Winter Competition	Leeds	NE162071	2
200 Backstroke	2:45.99	2:48.00	257	01/11/15	Borough of Kirklees Championship Series	Huddersfield	NE151544	4
200 Individual Medley	2:38.52	2:41.00	330	01/10/16	Yorkshire SA Winter Competition	Leeds	NE162071	2
400 Individual Medley	5:59.33	6:04.20	279	01/11/15	Borough of Kirklees Championship Series	Huddersfield	NE151544	4
100 Individual Medley	1:16.74	1:16.70	264	19/09/15	Rotherham Metro A & B Grade Short Course Meet	Sheffield	NE150502	3