

Individual Best Times (All Time)

Joshua Gray - (179670) - West Norfolk Swimming Club - 100 Breaststroke - Long Course

Performance Graph

Drag to Zoom, right click to reset.

Swims in Time Order

| Time | WA Pts | Round | Date | Meet | Venue | Club Swam Under | Level |
|---------|--------|-------|----------|------------------------------------------------|-----------|-----------------|-------|
| 1:10.91 | 516 | H | 05/05/12 | ASA East Region Youth Championships | Basildon | West Norfolk | 1 |
| 1:11.41 | 505 | H | 15/10/11 | Lincoln Vulcans Open Meet | Sheffield | West Norfolk | 1 |
| 1:11.61 | 501 | F | 09/04/11 | City of Norwich Easter Meet | Norwich | West Norfolk | 1 |
| 1:11.75 | 498 | H | 29/01/12 | ASA Central Zone Meet | Corby | West Norfolk | 1 |
| 1:11.82 | 496 | F | 05/05/12 | ASA East Region Youth Championships | Basildon | West Norfolk | 1 |
| 1:12.07 | 491 | H | 09/04/11 | City of Norwich Easter Meet | Norwich | West Norfolk | 1 |
| 1:12.07 | 491 | H | 30/04/11 | BG East Region Championships | Norwich | West Norfolk | 1 |
| 1:12.07 | 491 | H | 30/06/12 | ESSA Inter-Divisional Championships | Liverpool | West Norfolk | 1 |
| 1:12.08 | 491 | H | 20/10/12 | Lincoln Vulcans SC LC Open Meet | Sheffield | West Norfolk | 1 |
| 1:12.60 | 480 | H | 06/07/14 | ASA East Region Inter County Championships | Basildon | Norfolk | 1 |
| 1:12.71 | 478 | H | 02/05/15 | ASA East Region Summer Championships Weekend 1 | Luton | West Norfolk | 1 |
| 1:12.83 | 476 | H | 29/01/11 | East, East Midland & West Midland Zonal | Corby | West Norfolk | 1 |
| 1:13.79 | 458 | H | 16/10/10 | Lincoln Vulcans Open Meet | Sheffield | West Norfolk | 1 |
| 1:14.09 | 452 | H | 04/05/13 | ASA East Region Youth Championships | Luton | West Norfolk | 1 |
| 1:14.14 | 451 | H | 24/02/13 | BUCS Long Course 2013 | Sheffield | West Norfolk | 1 |
| 1:14.37 | 447 | H | 22/02/15 | BUCS Long Course Championships 2015 | Sheffield | West Norfolk | 1 |
| 1:14.55 | 444 | F | 07/12/13 | ASA East Regionals Winter Championships | Norwich | West Norfolk | 1 |
| 1:14.91 | 437 | H | 07/12/13 | ASA East Regionals Winter Championships | Norwich | West Norfolk | 1 |
| 1:15.02 | 435 | H | 16/11/13 | Team Luton Autumn LC Open Meet | Luton | West Norfolk | 1 |
| 1:15.11 | 434 | H | 02/05/10 | East Region Youth Champs | Norwich | West Norfolk | 1 |
| 1:15.57 | 426 | F | 02/05/10 | East Region Youth Champs | Norwich | West Norfolk | 1 |
| 1:16.57 | 409 | H | 03/05/09 | East Region Youth Champs | Norwich | West Norfolk | 1 |
| 1:17.32 | 398 | H | 17/10/09 | Lincoln Vulcans Open Meet | Sheffield | West Norfolk | 1 |
| 1:18.57 | 379 | F | 03/05/09 | East Region Youth Champs | Norwich | West Norfolk | 1 |
| 1:25.91 | 290 | H | 24/11/07 | Sheffield City B Grade | Sheffield | West Norfolk | 3 |
| 1:31.90 | 237 | H | 25/11/06 | Sheffield City B Grade | Sheffield | West Norfolk | 3 |

Swims in Date Order

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| 1:12.71 | 478 | H | 02/05/15 | ASA East Region Summer Championships Weekend 1 | Luton | West Norfolk | 1 |
| 1:14.37 | 447 | H | 22/02/15 | BUCS Long Course Championships 2015 | Sheffield | West Norfolk | 1 |
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| 1:14.55 | 444 | F | 07/12/13 | ASA East Regionals Winter Championships | Norwich | West Norfolk | 1 |
| 1:14.91 | 437 | H | 07/12/13 | ASA East Regionals Winter Championships | Norwich | West Norfolk | 1 |
| 1:15.02 | 435 | H | 16/11/13 | Team Luton Autumn LC Open Meet | Luton | West Norfolk | 1 |
| 1:14.09 | 452 | H | 04/05/13 | ASA East Region Youth Championships | Luton | West Norfolk | 1 |
| 1:14.14 | 451 | H | 24/02/13 | BUCS Long Course 2013 | Sheffield | West Norfolk | 1 |
| 1:12.08 | 491 | H | 20/10/12 | Lincoln Vulcans SC LC Open Meet | Sheffield | West Norfolk | 1 |
| 1:12.07 | 491 | H | 30/06/12 | ESSA Inter-Divisional Championships | Liverpool | West Norfolk | 1 |
| 1:11.82 | 496 | F | 05/05/12 | ASA East Region Youth Championships | Basildon | West Norfolk | 1 |
| 1:10.91 | 516 | H | 05/05/12 | ASA East Region Youth Championships | Basildon | West Norfolk | 1 |
| 1:11.75 | 498 | H | 29/01/12 | ASA Central Zone Meet | Corby | West Norfolk | 1 |
| 1:11.41 | 505 | H | 15/10/11 | Lincoln Vulcans Open Meet | Sheffield | West Norfolk | 1 |
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| 1:31.90 | 237 | H | 25/11/06 | Sheffield City B Grade | Sheffield | West Norfolk | 3 |