

# Individual Best Times (All Time)

Joshua Fowles - (844576) - Witham Dolphins SC - 400 Freestyle - Short 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
4:01.60	678	F	07/12/19	WDSC Winter Champs 2019	Witham	Witham Dolph	4
4:04.66	652	H	19/10/19	Essex Senior Winter Champs	Basildon	Witham Dolph	2
4:05.50	646	H	02/11/19	Swim England East Region Short Course Champs 2019	Basildon	Witham Dolph	2
4:08.24	625	H	03/11/18	Swim England East Region Short Course Championship	Luton	Witham Dolph	2
4:09.40	616	H	20/10/18	Essex Senior Winter Champs 2018	Basildon	Witham Dolph	2
4:09.43	616	F	14/10/18	Witham Dolphins Winter Club Championships	Witham		4
4:11.52	600	F	16/12/17	Last Chance County Qualifying Meet December 2017	Fullwell Cross	Witham Dolph	3
4:14.13	582	F	25/03/17	LBR Regional Qualifying Meet March 2017	Fullwell Cross	Witham Dolph	3
4:15.07	576	H	19/03/16	Bishops Stortford Spring Regional Qualifier	Borehamwood	Witham Dolph	3
4:15.13	575	H	24/10/15	Essex Senior Short Course Championships 2015	Basildon	Witham Dolph	2
4:15.90	570	H	29/10/16	Essex Senior Winter Championships 2016	Basildon	Witham Dolph	2
4:16.19	568	H	05/11/16	East Swimming 2016 SC Championships	Luton	Witham Dolph	2
4:18.09	556	F	11/12/16	Witham Dolphins Winter Club Championships	Witney		4
4:19.46	547	H	07/11/15	ASA East Region Winter Championships 2015	Luton	Witham Dolph	2
4:20.05	543	H	24/09/16	BPSC Season Opener	Basildon	Witham Dolph	2
4:20.35	541	F	03/10/15	UEA City of Norwich SC Halloween Howler 2015	Norwich		2
4:20.91	538	F	01/10/16	LBRS Early Chance October Meet	Ilford		3
4:21.74	533	H	31/01/15	Essex County Age Group Championships 2015	Southend	Witham Dolph	2
4:23.99	519	H	22/11/14	Harlow Penguins Winter Open Meet	Harlow	Witham Dolph	3
4:25.43	511	F	15/10/17	Witham Dolphins Winter Club Championships	Witham		4
4:28.18	495	H	15/03/14	Essex County Championships	Basildon	Witham Dolph	2
4:28.69	492	F	13/10/14	Witham Dolphins SC Winter Champs 2014	Witham		4
4:31.87	475	F	23/06/14	Witham Dolphins Club Swimming Championships	Witham	Witham Dolph	4
4:44.28	416	F	10/11/13	Witham Dolphins Winter Club Championships	Witham	Witham Dolph	4
4:49.58	393	F	02/11/13	Teamipswich Swimming November Open Meet	Ipswich	Witham Dolph	3
5:02.19	346	F	08/12/12	Witham Dolphin SC Winter Club Championship	Witham	Witham Dolph	4
5:05.88	334	H	07/10/12	Basildon & Broom's Autumn SC Meet	Basildon	Witham Dolph	2

3:03.00	334	F	27/10/12	Basildon & Phoenix Autumn SC Meet	Basildon	Witham Dolph	3
5:11.95	314	H	02/12/12	Thurrock SC County Qualifier	Thurrock	Witham Dolph	3
5:12.53	313	F	20/04/13	Newmarket & District SC Fifth Open Meet	Newmarket	Witham Dolph	3
5:16.69	301	F	20/05/12	Witham Dolphins SC Summer Club Champs	Witham	Witham Dolph	4
5:29.25	267	F	15/07/12	Barking & Dagenham End of Season Meet	Dagenham	Witham Dolph	3
5:29.32	267	F	10/12/11	Witham Dolphins Club Championships	Witham	Witham Dolph	4
5:30.27	265	H	08/10/11	Thurrock SC Season Opener 2011	Grays	Witham Dolph	2
5:36.75	250	F	18/06/11	Witham Dolphins Club Championships	Witham	Witham Dolph	4
5:54.39	214		05/12/10	Canvey Island Winter Open	Canvey Island	Witham Dolph	3

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