

Individual Best Times (All Time)

Joshua Aspinall - (1140961) - Warrender Baths Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	25.75	24.90	535	29/03/19	Scottish National Age Group Championships	Tollcross	SCO1637	1
100 Freestyle	58.30	56.90	519	26/05/19	Glasgow International Swim Meet	Tollcross	SCO1665	1
200 Freestyle	2:09.64	2:06.90	487	12/05/19	2019 WD Future Stars AG Open Meet	Tollcross	SCO1658	1
400 Freestyle	4:39.99	4:34.90	485	30/04/17	University of Aberdeen Long Course Open Meet	Aberdeen	SCO1287	1
50 Breaststroke	36.00	35.10	374	30/04/17	University of Aberdeen Long Course Open Meet	Aberdeen	SCO1287	1
100 Breaststroke	1:20.12	1:18.50	357	29/04/17	University of Aberdeen Long Course Open Meet	Aberdeen	SCO1287	1
50 Butterfly	28.00	27.30	503	07/12/19	MANCHESTER SNOW'PEN MEET 2019	MANCHESTER	NW190445	3
100 Butterfly	1:03.13	1:01.90	480	12/05/19	2019 WD Future Stars AG Open Meet	Tollcross	SCO1658	1
200 Butterfly	2:41.65	2:39.70	318	29/04/17	University of Aberdeen Long Course Open Meet	Aberdeen	SCO1287	1
50 Backstroke	29.29	28.60	519	31/03/19	Scottish National Age Group Championships	Tollcross	SCO1637	1
100 Backstroke	1:03.16	1:01.90	545	15/07/18	Scottish Summer Meet 2018	Aberdeen	SCO1497	1
200 Backstroke	2:21.68	2:19.30	492	29/03/19	Scottish National Age Group Championships	Tollcross	SCO1637	1
200 Individual Medley	2:27.43	2:24.70	462	10/02/19	Swim Scotland East District Age Groups 2019	Edinburgh	SCO1596	1
400 Individual Medley	5:21.99	5:16.50	427	30/04/17	University of Aberdeen Long Course Open Meet	Aberdeen	SCO1287	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	25.45	26.30	497	15/12/19	Scottish National Short Course Championships	Edinburgh	SCO1762	2
100 Freestyle	56.85	58.30	490	03/11/18	North District Open Championships 2018	Aberdeen	SCO1538	2
200 Freestyle	2:07.32	2:10.00	475	16/02/19	Carnegie Open Spring Meet 2019	Michael Woods Centre	SCO1606	2
400 Freestyle	4:34.23	4:39.30	463	20/05/17	Swim West Lothian IM Tough 2017	West Lothian	SCO1298	2
800 Freestyle	9:25.36	9:35.50	482	19/05/17	Swim West Lothian IM Tough 2017	West Lothian	SCO1298	2
1500 Freestyle	18:46.91	19:05.10	424	26/11/16	East District Age Groups Championships	Glenrothes	SCO1206	1
50 Breaststroke	36.55	37.40	318	08/10/17	WBC Championships 2017	Michael Woods Centre	SCO1392	2
100 Breaststroke	1:18.05	1:19.60	355	07/10/17	WBC Championships 2017	Michael Woods Centre	SCO1392	2
200 Breaststroke	2:51.47	2:54.50	344	15/01/17	East District Age Groups Round 2	Edinburgh	SCO1236	1
50 Butterfly	28.17	28.80	460	03/11/18	North District Open Championships 2018	Aberdeen	SCO1538	2
100 Butterfly	1:05.25	1:06.40	392	21/05/17	Swim West Lothian IM Tough 2017	West Lothian	SCO1298	2
200 Butterfly	2:30.33	2:32.40	359	14/01/17	East District Age Groups Round 2	Edinburgh	SCO1236	1
50 Backstroke	28.30	29.00	476	22/09/18	Scottish National Team Championships	Tollcross	SCO1522	1
100 Backstroke	1:01.31	1:02.60	489	15/12/19	Scottish National Short Course Championships	Edinburgh	SCO1762	2
200 Backstroke	2:18.15	2:20.50	447	14/01/17	East District Age Groups Round 2	Edinburgh	SCO1236	1
200 Individual Medley	2:24.45	2:27.20	437	11/06/17	ELST Distance Meet	Mercat Gait	SCO1313	2
400 Individual Medley	5:12.67	5:18.20	423	18/02/17	Carnegie Open Spring Age Group Meet 2017	Glenrothes	SCO1246	2
100 Individual Medley	1:08.73	1:08.70	368	17/09/17	WBC Championships 200's 2017	Warrender	SCO1351	2