

Individual Best Times (All Time)

Joshua Nathanie Harries - (32575) - Aberystwyth and District Swimmin

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	26.57	25.80	487	24/11/07	Swim Wales Winter Open	Swansea	WAL171	1
100 Freestyle	57.06	55.60	553	23/11/07	Welsh School Championship	Swansea	WAL170	2
200 Freestyle	2:00.73	1:57.80	603	20/10/07	Avalon Autumn Open Meet	Millfield	SW7162	2
400 Freestyle	4:12.40	4:06.80	662	24/11/07	Swim Wales Winter Open	Swansea	WAL171	1
800 Freestyle	8:40.89	8:29.70	653	24/11/07	Swim Wales Winter Open	Swansea	WAL171	1
1500 Freestyle	16:37.48	16:16.60	665	24/11/07	Swim Wales Winter Open	Swansea	WAL171	1
50 Breaststroke	36.82	36.00	350	21/10/07	Avalon Autumn Open Meet	Millfield	SW7162	2
100 Breaststroke	1:18.68	1:17.10	377	12/01/07	WASA New Year Dragon Meet	Swansea	WAL132	1
200 Breaststroke	2:43.21	2:39.90	454	20/10/07	Avalon Autumn Open Meet	Millfield	SW7162	2
50 Butterfly	29.48	28.80	431	20/10/07	Avalon Autumn Open Meet	Millfield	SW7162	2
100 Butterfly	1:03.83	1:02.60	464	23/11/07	Welsh School Championship	Swansea	WAL170	2
200 Butterfly	2:18.03	2:15.70	510	16/02/08	Edinburgh International	Edinburgh	SCO285	1
50 Backstroke	33.46	32.90	348	21/10/06	Avalon Autumn Open Meet	Millfield	SW6157	2
100 Backstroke	1:09.19	1:08.00	414	20/10/07	Avalon Autumn Open Meet	Millfield	SW7162	2
200 Backstroke	2:24.81	2:22.50	461	21/10/07	Avalon Autumn Open Meet	Millfield	SW7162	2
200 Individual Medley	2:19.19	2:16.30	549	23/11/07	Welsh School Championship	Swansea	WAL170	2
400 Individual Medley	4:50.33	4:44.20	582	24/11/07	Swim Wales Winter Open	Swansea	WAL171	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.15	28.90	367	26/05/06	Beau Sejour Barracuda	Guernsey	SE6030	1
100 Freestyle	56.99	58.40	487	15/02/07	West Wales Regional Champs	Penlan	WAL137	1
200 Freestyle	2:01.27	2:04.10	550	15/02/07	West Wales Regional Champs	Penlan	WAL137	1
400 Freestyle	4:10.97	4:16.50	604	15/02/07	West Wales Regional Champs	Penlan	WAL137	1
800 Freestyle	8:33.91	8:45.00	642	15/02/07	West Wales Regional Champs	Penlan	WAL137	1
1500 Freestyle	16:26.03	16:46.70	633	15/02/07	West Wales Regional Champs	Penlan	WAL137	1
50 Breaststroke	48.89	49.50	132	07/06/02	Swim Swansea Junior Open Meet	Swansea	WAL025	2
100 Breaststroke	1:16.37	1:18.00	379	15/02/07	West Wales Regional Champs	Penlan	WAL137	1
200 Breaststroke	2:43.40	2:46.60	397	15/02/07	West Wales Regional Champs	Penlan	WAL137	1
50 Butterfly	40.67	41.10	152	07/06/02	Swim Swansea Junior Open Meet	Swansea	WAL025	2
100 Butterfly	1:03.67	1:04.90	422	15/02/07	West Wales Regional Champs	Penlan	WAL137	1
200 Butterfly	2:19.01	2:21.30	454	15/02/07	West Wales Regional Champs	Penlan	WAL137	1
50 Backstroke	38.83	39.30	184	07/06/02	Swim Swansea Junior Open Meet	Swansea	WAL025	2
100 Backstroke	1:06.82	1:08.00	378	15/02/07	West Wales Regional Champs	Penlan	WAL137	1
200 Backstroke	2:21.35	2:23.70	417	15/02/07	West Wales Regional Champs	Penlan	WAL137	1
200 Individual Medley	2:19.34	2:22.10	487	15/02/07	West Wales Regional Champs	Penlan	WAL137	1
400 Individual Medley	4:49.36	4:55.40	534	15/02/07	West Wales Regional Champs	Penlan	WAL137	1
100 Individual Medley	1:27.59	1:27.60	178	07/06/02	Swim Swansea Junior Open Meet	Swansea	WAL025	2