

Individual Best Times (All Time)

Josh Ablett - (503950) - Denbighshire Development Team

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.10	29.40	335	23/06/13	City of Liverpool Summer Sprints	Liverpool	NW3386	3
100 Freestyle	1:04.47	1:03.20	384	23/06/13	City of Liverpool Summer Sprints	Liverpool	NW3386	3
50 Breaststroke	43.76	43.00	208	22/06/13	City of Liverpool Summer Sprints	Liverpool	NW3386	3
100 Breaststroke	1:43.93	1:42.70	163	25/06/11	City of Liverpool Summer Meet 2011	Liverpool	NW1026	1
50 Butterfly	34.10	33.50	278	22/06/13	City of Liverpool Summer Sprints	Liverpool	NW3386	3
100 Butterfly	1:17.58	1:16.60	258	23/06/13	City of Liverpool Summer Sprints	Liverpool	NW3386	3
50 Backstroke	36.20	35.60	275	23/06/13	City of Liverpool Summer Sprints	Liverpool	NW3386	3
100 Backstroke	1:18.41	1:17.40	284	22/06/13	City of Liverpool Summer Sprints	Liverpool	NW3386	3
200 Individual Medley	2:52.93	2:50.60	286	22/06/13	City of Liverpool Summer Sprints	Liverpool	NW3386	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.09	29.80	332	20/10/13	Swim Conway Autumn Meet	Llandudno	WAL523	1
100 Freestyle	1:03.29	1:04.60	355	26/10/13	Geoff Drew Memorial Meet	Holywell	WAL526	4
200 Freestyle	2:19.22	2:21.70	363	20/10/13	Swim Conway Autumn Meet	Llandudno	WAL523	1
800 Freestyle	11:30.33	11:38.70	265	14/01/12	Holywell Valentine Meet	Holywell	WAL405	2
50 Breaststroke	41.16	41.90	222	20/10/13	Swim Conway Autumn Meet	Llandudno	WAL523	1
100 Breaststroke	1:29.36	1:30.80	236	20/10/13	Swim Conway Autumn Meet	Llandudno	WAL523	1
200 Breaststroke	3:29.12	3:31.60	189	04/02/12	Swim Wales North Regional Championships	Llandudno	WAL412	2
50 Butterfly	33.27	33.80	279	19/10/13	Swim Conway Autumn Meet	Llandudno	WAL523	1
100 Butterfly	1:13.15	1:14.20	278	25/05/13	Swim Conway Whitsun Meet	Llandudno	WAL498	2
200 Butterfly	2:51.92	2:53.80	240	20/10/13	Swim Conway Autumn Meet	Llandudno	WAL523	1
50 Backstroke	34.74	35.30	257	19/10/13	Swim Conway Autumn Meet	Llandudno	WAL523	1
100 Backstroke	1:13.26	1:14.30	287	26/10/13	Geoff Drew Memorial Meet	Holywell	WAL526	4
200 Backstroke	2:35.44	2:37.60	313	19/10/13	Swim Conway Autumn Meet	Llandudno	WAL523	1
200 Individual Medley	2:40.59	2:43.00	318	19/10/13	Swim Conway Autumn Meet	Llandudno	WAL523	1
100 Individual Medley	1:17.64	1:17.60	255	25/05/13	Swim Conway Whitsun Meet	Llandudno	WAL498	2