

Individual Best Times (All Time)

James Argent - (1112496) - Rochford & District SC

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	35.66	36.20	180	12/06/14	Rochford & District SC Club Championships 2014	Rochford	ER4476	4
50 Breaststroke	48.16	48.80	139	15/06/14	Rochford & District SC Club Championships 2014	Rochford	ER4476	4
100 Breaststroke	1:39.18	1:40.40	173	11/11/14	National Arena League London Round Division 1	Becontree	LR14170	3