

# Individual Best Times (All Time)

James Ruxton - (1160665) - Team Jorvik

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.28	27.50	404	08/04/17	Richmond Dales April Fool Gala	Leeds	NE170269	1
100 Freestyle	1:04.13	1:02.80	390	12/03/17	Jorvik Spring Festival LC Meet	Leeds	NE170344	3
200 Freestyle	2:19.57	2:17.10	390	08/04/17	Richmond Dales April Fool Gala	Leeds	NE170269	1
50 Breaststroke	36.53	35.70	358	09/04/17	Richmond Dales April Fool Gala	Leeds	NE170269	1
100 Breaststroke	1:19.79	1:18.20	362	02/02/19	Yorkshire County Championships	Leeds	NE190127	1
200 Breaststroke	3:05.69	3:02.80	308	26/02/17	Yorkshire SA County Championships	Leeds	NE170143	1
50 Butterfly	33.13	32.60	303	04/11/17	ASA North East Region Senior Junior Champs	Sheffield	NE172045	1
100 Butterfly	1:19.28	1:18.30	242	12/03/17	Jorvik Spring Festival LC Meet	Leeds	NE170344	3
50 Backstroke	38.57	38.00	227	09/01/16	City of Leeds New Year Meet 2016	Leeds	NE160165	3
100 Backstroke	1:17.14	1:16.10	299	12/03/17	Jorvik Spring Festival LC Meet	Leeds	NE170344	3
200 Individual Medley	2:41.45	2:39.00	352	12/03/17	Jorvik Spring Festival LC Meet	Leeds	NE170344	3
400 Individual Medley	6:36.59	6:32.10	228	28/06/15	City of Leeds B Grade Meet 2015	Leeds	NE150108	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.93	27.70	419	09/12/18	Doncaster Swim Along A Santa	Leeds	NE180392	3
100 Freestyle	1:00.79	1:02.10	401	09/12/18	Doncaster Swim Along A Santa	Leeds	NE180392	3
200 Freestyle	2:14.58	2:17.10	402	10/12/17	Middlesbrough Christmas 2017 Meet	The Neptune Centre	NE171230	3
400 Freestyle	5:34.72	5:38.90	254	31/10/15	York City Baths Early Bird County Qualifier	Hull	NE151856	3
50 Breaststroke	33.19	34.10	424	03/11/18	Swim England North East Region Championships (25)	Sheffield	NE182208	2
100 Breaststroke	1:16.28	1:17.90	380	04/11/18	Swim England North East Region Championships (25)	Sheffield	NE182208	2
200 Breaststroke	3:02.50	3:05.40	285	23/11/16	York City Baths Club Championships	York	NE162447	4
50 Butterfly	30.58	31.20	359	09/12/18	Doncaster Swim Along A Santa	Leeds	NE180392	3
100 Butterfly	1:10.16	1:11.20	315	09/12/18	Doncaster Swim Along A Santa	Leeds	NE180392	3
200 Butterfly	3:02.70	3:04.40	200	21/11/16	York City Baths Club Championships	York	NE162447	4
50 Backstroke	32.12	32.70	326	22/10/17	Yorkshire SA Winter Competition	Sheffield	NE171863	2
100 Backstroke	1:13.99	1:15.10	278	21/10/17	Yorkshire SA Winter Competition	Sheffield	NE171863	2
200 Backstroke	2:39.38	2:41.50	291	21/11/16	York City Baths Club Championships	York	NE162447	4
200 Individual Medley	2:33.55	2:36.10	363	09/12/18	Doncaster Swim Along A Santa	Leeds	NE180392	3
100 Individual Medley	1:09.08	1:09.10	363	16/06/18	Team Jorvik Viking Spring 2018	Leeds	NE180994	3