

Individual Best Times (All Time)

James Jennings - (1168124) - Copeland ASC

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.22	28.00	406	18/11/23	BUCS Short Course Swimming Championships 2023	Sheffield	NE232392	2
100 Freestyle	1:00.05	1:01.40	416	23/09/23	Workington 14th Presidents Gala 2023	Workington	NW231619	3
200 Freestyle	2:17.96	2:20.50	373	24/09/23	Workington 14th Presidents Gala 2023	Workington	NW231619	3
400 Freestyle	5:13.25	5:17.70	311	27/01/18	2018 Cumbrian County Championships & Age Groups	Carlisle	NW180376	2
800 Freestyle	10:40.41	10:49.40	331	16/10/19	Copeland Club Time Trial Gala 2	Copeland	NW193142	4
1500 Freestyle	20:28.60	20:45.30	327	21/09/18	Workington ASC 9th Presidents Open Meet	Workington	NW181077	3
50 Breaststroke	37.51	38.30	294	24/09/23	Workington 14th Presidents Gala 2023	Workington	NW231619	3
100 Breaststroke	1:23.24	1:24.70	292	24/09/23	Workington 14th Presidents Gala 2023	Workington	NW231619	3
200 Breaststroke	3:03.32	3:06.20	281	23/09/23	Workington 14th Presidents Gala 2023	Workington	NW231619	3
50 Butterfly	30.22	30.80	372	23/09/23	Workington 14th Presidents Gala 2023	Workington	NW231619	3
100 Butterfly	1:10.84	1:11.90	306	15/07/23	Cumbria Festival of Aquatics 2023	Carlisle	NW231315	3
200 Butterfly	3:23.00	3:24.60	145	09/07/17	Copeland Club Championships	Copeland	NW171592	4
50 Backstroke	34.38	35.00	265	24/09/23	Workington 14th Presidents Gala 2023	Workington	NW231619	3
100 Backstroke	1:13.39	1:14.50	285	24/09/23	Workington 14th Presidents Gala 2023	Workington	NW231619	3
200 Backstroke	2:39.43	2:41.50	290	23/09/23	Workington 14th Presidents Gala 2023	Workington	NW231619	3
200 Individual Medley	2:36.18	2:38.70	345	24/09/23	Workington 14th Presidents Gala 2023	Workington	NW231619	3
400 Individual Medley	5:53.85	5:58.80	292	23/10/19	Copeland Club Time Trial Gala 2	Copeland	NW193143	4
100 Individual Medley	1:11.09	1:11.10	333	15/07/23	Cumbria Festival of Aquatics 2023	Carlisle	NW231315	3