

Individual Best Times (All Time)

James Clarke - (1185065) - City of Norwich SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.02	27.30	415	16/03/24	Derby Excel Spring Qualifier 2024	Sheffield	EM240136	1
100 Freestyle	1:02.31	1:01.00	425	16/03/24	Derby Excel Spring Qualifier 2024	Sheffield	EM240136	1
200 Freestyle	2:18.18	2:15.60	402	09/04/23	City of Norwich Easter Meet 2023	Norwich	ER230119	1
400 Freestyle	4:58.44	4:53.70	400	04/02/23	Norfolk County Championships 2023	Norwich	ER230195	1
800 Freestyle	10:21.52	10:12.10	384	13/01/24	SE Norfolk County Championships 2024	Norwich	ER240126	1
1500 Freestyle	20:16.31	19:59.20	367	14/01/23	Norfolk County Championships 2023	Norwich	ER230193	1
50 Breaststroke	35.43	34.50	392	02/03/24	City of Norwich March LC Open Meet 2024	Norwich	ER240009	3
100 Breaststroke	1:22.08	1:20.50	332	27/01/24	SE Norfolk County Championships 2024	Norwich	ER240127	1
200 Breaststroke	3:05.46	3:02.60	309	04/03/23	CONSC March LC Open Meet 2023	Sportspark	ER230010	3
50 Butterfly	31.62	31.00	349	28/01/23	Norfolk County Championships 2023	Norwich	ER230194	1
100 Butterfly	1:14.35	1:13.30	294	28/01/24	SE Norfolk County Championships 2024	Norwich	ER240127	1
50 Backstroke	30.85	30.20	444	20/04/24	Swim England East Region LC Championships 2024	Luton	ER240236	1
100 Backstroke	1:06.17	1:04.90	474	16/03/24	Derby Excel Spring Qualifier 2024	Sheffield	EM240136	1
200 Backstroke	2:22.90	2:20.50	480	21/04/24	Swim England East Region LC Championships 2024	Luton	ER240236	1
200 Individual Medley	2:33.06	2:30.50	413	30/03/24	City of Norwich Easter Meet 2024	Norwich	ER240267	1
400 Individual Medley	5:59.29	5:54.40	307	26/02/22	Norfolk County Championships	UEA Sportspark	ER220116	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.32	28.10	401	02/12/23	NUEL SC Late County Qualifier Open Meet 2023	Stratford	LR231002	3
100 Freestyle	1:00.75	1:02.10	402	18/11/23	City of Norwich SC L3 November SC Open Meet 2023	Norwich	ER231215	3
200 Freestyle	2:14.18	2:16.70	406	18/11/23	City of Norwich SC L3 November SC Open Meet 2023	Norwich	ER231215	3
400 Freestyle	4:49.44	4:54.30	394	20/07/23	Co Norwich SC Club Championships Main Events 2023	Norwich	ER230420	4
800 Freestyle	9:49.32	9:59.00	425	15/09/23	Co Norwich SC Distance Meet 2023	Norwich	ER230422	3
1500 Freestyle	19:24.67	19:42.30	384	23/09/22	City of Norwich Distance Time Trials 2022	Norwich	ER221466	3
50 Breaststroke	34.89	35.80	365	03/12/23	NUEL SC Late County Qualifier Open Meet 2023	Stratford	LR231002	3
100 Breaststroke	1:18.90	1:20.50	343	14/10/23	National Arena Swimming League East Mids R1 2023	Norwich	EM232258	2
200 Breaststroke	2:53.63	2:56.60	331	21/07/23	Co Norwich SC Club Championships Main Events 2023	Norwich	ER230420	4
50 Butterfly	31.21	31.80	338	18/11/23	City of Norwich SC L3 November SC Open Meet 2023	Norwich	ER231215	3
100 Butterfly	1:17.61	1:18.60	233	21/07/23	Co Norwich SC Club Championships Main Events 2023	Norwich	ER230420	4
200 Butterfly	3:50.80	3:52.20	99	28/09/19	CONSC 2019 Club Championships	Norwich	ER192689	4
50 Backstroke	30.18	30.80	393	03/12/23	NUEL SC Late County Qualifier Open Meet 2023	Stratford	LR231002	3
100 Backstroke	1:04.55	1:05.80	419	14/10/23	National Arena Swimming League East Mids R1 2023	Norwich	EM232258	2
200 Backstroke	2:23.88	2:26.20	395	02/12/23	NUEL SC Late County Qualifier Open Meet 2023	Stratford	LR231002	3
200 Individual Medley	2:30.94	2:33.50	383	18/11/23	City of Norwich SC L3 November SC Open Meet 2023	Norwich	ER231215	3
400 Individual Medley	5:50.10	5:55.10	301	29/07/22	City of Norwich Club Championships Main Events	Norwich	ER221464	4
100 Individual Medley	1:08.80	1:08.80	367	03/12/23	NUEL SC Late County Qualifier Open Meet 2023	Stratford	LR231002	3