

Individual Best Times (All Time)

James Dillon - (1189083) - Basildon and Phoenix SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.16	27.40	409	03/02/18	Essex Age Group Championships 2018	London	ER180155	1
100 Freestyle	1:06.01	1:04.70	357	01/04/18	BPSC Easter Meet 2018	Basildon	ER180211	1
400 Freestyle	4:50.36	4:45.50	435	20/01/18	Essex Age Group Championships 2018	Basildon	ER180154	1
50 Breaststroke	30.54	29.50	613	20/04/19	BPSC Easter Meet 2019	Basildon	ER190188	1
100 Breaststroke	1:09.50	1:07.70	548	21/04/19	BPSC Easter Meet 2019	Basildon	ER190188	1
200 Breaststroke	2:34.41	2:31.00	536	17/02/19	Essex Age Group Champs 2019	Basildon	ER190211	1
50 Butterfly	31.97	31.40	338	01/04/18	BPSC Easter Meet 2018	Basildon	ER180211	1
50 Backstroke	35.58	35.00	289	01/04/18	BPSC Easter Meet 2018	Basildon	ER180211	1
100 Backstroke	1:29.08	1:28.20	194	18/07/15	Basildon & Phoenix LC End of Season Meet	Basildon	ER150046	3
200 Individual Medley	2:28.66	2:26.00	450	21/01/18	Essex Age Group Championships 2018	Basildon	ER180154	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.38	27.20	446	21/06/19	BPSC Club Championships 2019	Basildon	ER191553	4
100 Freestyle	1:01.68	1:03.00	384	01/12/17	BPSC Winter Club Champs 2017	Basildon	ER172324	4
200 Freestyle	2:13.40	2:16.00	413	21/06/19	BPSC Club Championships 2019	Basildon	ER191553	4
400 Freestyle	4:47.52	4:52.40	402	27/11/17	BPSC Winter Club Champs 2017	Basildon	ER172323	4
50 Breaststroke	30.67	31.70	538	20/10/18	Essex Senior Winter Champs 2018	Basildon	ER181237	2
100 Breaststroke	1:07.05	1:08.90	560	15/12/18	SE Winter Championships 2018	Sheffield	ENG012	2
200 Breaststroke	2:26.52	2:30.10	551	20/10/18	Essex Senior Winter Champs 2018	Basildon	ER181237	2
50 Butterfly	29.38	30.00	405	06/07/18	BPSC Club Champs 2018	Basildon	ER181176	4
100 Butterfly	1:11.09	1:12.20	303	16/12/17	BPSC Last Chance County Qualifier	Basildon	ER172322	3
200 Butterfly	2:25.72	2:27.90	394	20/01/19	Essex Age Group Champs 2019	Basildon	ER190208	2
50 Backstroke	34.20	34.80	270	16/12/17	BPSC Last Chance County Qualifier	Basildon	ER172322	3
100 Backstroke	1:19.49	1:20.50	224	02/12/16	Basildon & Phoenix Club Championships 2016	Basildon	ER160485	4
200 Individual Medley	2:25.19	2:27.90	430	01/07/18	BPSC Club Champs 2018	Basildon	ER181175	4
100 Individual Medley	1:11.09	1:11.10	333	01/10/17	BPSC Season Opener 2017	Basildon	ER171612	3