

# Individual Best Times (All Time)

James Williamson - (1222376) - City of Cambridge SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	26.14	25.30	511	09/04/23	City of Norwich Easter Meet 2023	Norwich	ER230119	1
100 Freestyle	56.17	54.70	580	12/03/23	Putteridge SC Spring LC National Qualifier 2023	Luton	ER230013	1
200 Freestyle	2:06.69	2:03.90	521	01/05/23	Swim England East Region LC Championships 2023	Norwich	ER230334	1
400 Freestyle	4:54.83	4:50.00	415	31/07/21	British Swimming Festival of Swimming East Region	UEA Norwich	ER210170	1
50 Breaststroke	34.04	33.10	443	15/04/22	City of Norwich SC Easter Meet 2022	Norwich	ER220002	1
100 Breaststroke	1:18.36	1:16.70	382	13/03/22	Putteridge SC Spring LC National Qualifier 2022	Luton	ER220161	1
200 Breaststroke	2:54.25	2:51.20	373	31/07/21	British Swimming Festival of Swimming East Region	UEA Norwich	ER210170	1
50 Butterfly	29.05	28.40	450	08/04/23	City of Norwich Easter Meet 2023	Norwich	ER230119	1
100 Butterfly	1:09.89	1:08.80	354	30/04/22	SE East Region Long Course Championships 2022	Norwich	ER220677	1
50 Backstroke	30.93	30.30	441	29/04/23	Swim England East Region LC Championships 2023	Norwich	ER230334	1
100 Backstroke	1:06.42	1:05.20	468	01/05/23	Swim England East Region LC Championships 2023	Norwich	ER230334	1
200 Backstroke	2:32.16	2:30.00	397	12/03/23	Putteridge SC Spring LC National Qualifier 2023	Luton	ER230013	1
200 Individual Medley	2:27.38	2:24.70	462	02/05/22	SE East Region Long Course Championships 2022	Norwich	ER220677	1
400 Individual Medley	5:21.75	5:16.20	428	12/03/22	Putteridge SC Spring LC National Qualifier 2022	Luton	ER220161	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	25.69	26.50	483	08/10/23	Cambridge Grand Prix 2023	Cambridge	ER231733	2
100 Freestyle	54.47	56.00	557	05/11/23	SE East Region Short Course Championships 2023	Luton	ER231769	2
200 Freestyle	2:02.28	2:05.10	536	06/10/23	Cambridge Grand Prix 2023	Cambridge	ER231733	2
400 Freestyle	4:31.20	4:36.30	479	18/03/22	City of Cambridge Level 3 Meet	Cambridge	ER220562	3
800 Freestyle	9:59.86	10:09.40	403	18/02/22	Swim England Cambridgeshire County Championships	Whittlesey	ER220183	2
1500 Freestyle	19:29.20	19:46.70	380	26/01/20	Cambridgeshire County Championships	Cambridge	ER200272	2
50 Breaststroke	33.11	34.00	427	11/12/22	City of Cambridge SC Club Championships 2022	Parkside Pool	ER222407	4
100 Breaststroke	1:14.06	1:15.70	415	17/07/22	City of Cambridge SC Jeanne Barker Open Meet	Cambridge	ER220836	3
200 Breaststroke	2:43.94	2:47.10	393	20/11/21	City of Cambridge SC Club Championships 2021	Cambridge	ER211203	4
50 Butterfly	28.74	29.40	433	21/01/23	SE Cambridgeshire County Championships 2023	Cambridge	ER230046	2
100 Butterfly	1:05.12	1:06.30	394	03/12/22	City of Cambridge SC Club Championships 2022	Parkside Pool	ER222406	4
200 Butterfly	2:36.16	2:38.20	320	28/11/21	City of Cambridge SC Club Championships 2021	Cambridge	ER211204	4
50 Backstroke	29.46	30.10	422	05/11/23	SE East Region Short Course Championships 2023	Luton	ER231769	2
100 Backstroke	1:04.20	1:05.40	426	05/02/23	SE Cambridgeshire County Championships 2023	Cambridge	ER230047	2
200 Backstroke	2:19.88	2:22.20	430	05/02/23	SE Cambridgeshire County Championships 2023	Cambridge	ER230047	2
200 Individual Medley	2:19.74	2:22.50	482	26/03/23	City of Cambridge SC Spring Open Meet 23	Cambridge	ER230541	3
400 Individual Medley	5:08.43	5:14.10	441	20/03/22	City of Cambridge Level 3 Meet	Cambridge	ER220562	3
100 Individual Medley	1:03.43	1:03.40	468	22/01/23	SE Cambridgeshire County Championships 2023	Cambridge	ER230046	2