

Individual Best Times (All Time)

James Friel - (1298171) - Rushmoor Royals SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	40.85	40.30	134	23/03/24	Rushmoor Royals Spring L3 LC Open Meet 2024	Aldershot	SE240166	3
100 Freestyle	1:34.06	1:33.20	123	24/03/24	Rushmoor Royals Spring L3 LC Open Meet 2024	Aldershot	SE240166	3
50 Butterfly	50.02	49.60	88	24/03/24	Rushmoor Royals Spring L3 LC Open Meet 2024	Aldershot	SE240166	3
100 Backstroke	2:05.63	2:05.00	69	24/09/23	Rushmoor Royals Club Championships 2023	Aldershot	SE231729	4

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	39.01	39.50	138	13/04/24	Rushmoor Royals Sprint Open Meet April 2024	Fleet	SE240422	3
100 Freestyle	1:25.72	1:26.70	143	26/05/24	Basingstoke Bluefins Summer Sizzler 2024	Basingstoke	SE240891	3
50 Breaststroke	1:07.11	1:07.60	51	16/09/23	Rushmoor Royals Club Championships 2023	Hart LC	SE231728	4
50 Butterfly	46.29	46.70	103	26/05/24	Basingstoke Bluefins Summer Sizzler 2024	Basingstoke	SE240891	3
50 Backstroke	57.60	57.90	56	16/09/23	Rushmoor Royals Club Championships 2023	Hart LC	SE231728	4