

Individual Best Times (All Time)

James Adkin - (1343339) - City of Leeds SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	34.92	34.30	214	07/09/19	City of Leeds Sprints Meet 2019	John Charles Centre	NE191147	3
100 Freestyle	1:18.12	1:17.00	215	20/07/19	City of Sheffield Swim Squad Summer Meet	Sheffield	NE190404	3
200 Freestyle	2:49.51	2:47.40	217	30/11/19	City of Sheffield Swim Squad Snow Frills	Sheffield	NE190403	3
400 Freestyle	6:02.50	5:58.60	223	22/12/19	City of Leeds Xmas Meet 2019	Leeds	NE190130	3
50 Breaststroke	40.24	39.40	268	22/02/20	Yorkshire County Championships Level of Meet	Sheffield	NE200185	1
100 Breaststroke	1:28.83	1:27.40	262	01/02/20	Yorkshire County Championships Level of Meet	Leeds	NE200183	1
200 Breaststroke	3:10.92	3:08.10	283	01/02/20	Yorkshire County Championships Level of Meet	Leeds	NE200183	1
50 Butterfly	40.12	39.60	171	04/01/20	City of Leeds New Year Meet 2020	Leeds	NE200019	3
100 Butterfly	1:24.49	1:23.60	200	05/01/20	City of Leeds New Year Meet 2020	Leeds	NE200019	3
50 Backstroke	38.16	37.60	235	22/02/20	Yorkshire County Championships Level of Meet	Sheffield	NE200185	1
100 Backstroke	1:25.85	1:24.90	217	21/07/19	City of Sheffield Swim Squad Summer Meet	Sheffield	NE190404	3
200 Backstroke	2:57.35	2:55.50	251	22/12/19	City of Leeds Xmas Meet 2019	Leeds	NE190130	3
200 Individual Medley	2:54.04	2:51.80	281	05/01/20	City of Leeds New Year Meet 2020	Leeds	NE200019	3
400 Individual Medley	6:12.04	6:07.30	276	08/02/20	Yorkshire County Championships Level of Meet	Leeds	NE200184	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.63	32.30	258	21/05/21	City of Leeds	John Charles	LEX1189	0
100 Freestyle	1:12.50	1:13.60	236	02/07/21	City of Leeds	John Charles	LEX2796	0
200 Freestyle	2:45.97	2:48.10	214	18/12/20	City of Leeds	John Charles Aquatic	LEX749	0
400 Freestyle	5:39.40	5:43.50	244	01/07/21	City of Leeds Swimming Club	John Charles Aquatic	LEX2732	0
1500 Freestyle	23:08.71	23:23.50	226	06/05/21	City of Leeds	John Carles	LEX1191	0
50 Breaststroke	36.09	37.00	330	02/07/21	City of Leeds	John Charles	LEX2796	0
100 Breaststroke	1:25.96	1:27.40	265	18/12/20	City of Leeds	John Charles Aquatic	LEX749	0
200 Breaststroke	2:58.87	3:01.80	303	10/07/21	City of Leeds	John Charles	LEX3166	0
50 Butterfly	34.62	35.20	247	02/07/21	City of Leeds	John Charles	LEX2796	0
200 Butterfly	2:54.53	2:56.30	229	10/07/21	City of Leeds	John Charles	LEX3166	0
50 Backstroke	35.47	36.00	242	21/05/21	City of Leeds	John Charles	LEX1189	0
100 Backstroke	1:19.27	1:20.30	226	02/07/21	City of Leeds	John Charles	LEX2796	0
200 Backstroke	2:59.13	3:01.00	205	10/07/21	City of Leeds	John Charles	LEX3166	0
200 Individual Medley	2:40.92	2:43.40	316	02/07/21	City of Leeds	John Charles	LEX2796	0
400 Individual Medley	5:52.73	5:57.70	295	01/07/21	City of Leeds Swimming Club	John Charles Aquatic	LEX2732	0
100 Individual Medley	1:17.02	1:17.00	261	21/05/21	City of Leeds	John Charles	LEX1189	0