

# Individual Best Times (All Time)

James Brinkworth - (1379772) - Caradon SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.37	26.60	445	05/05/24	SE SWR Summer Championships 2024	Plymouth	SW240588	1
100 Freestyle	1:00.77	59.40	458	12/05/24	Team Bath AS & Millfield L1 Last Chance Meet 2024	Millfield	SW240605	1
200 Freestyle	2:16.88	2:14.30	413	04/05/24	SE SWR Summer Championships 2024	Plymouth	SW240588	1
400 Freestyle	4:53.68	4:48.90	420	24/03/24	Swim Wales National Championships 2024	Swansea	WL240023	1
800 Freestyle	10:04.61	9:55.00	418	23/03/24	Swim Wales National Championships 2024	Swansea	WL240023	1
1500 Freestyle	19:30.17	19:12.40	412	10/05/24	Team Bath AS & Millfield L1 Last Chance Meet 2024	Millfield	SW240605	1
50 Breaststroke	39.64	38.80	280	13/05/23	SE South West Summer Regional Championships 2023	Hengrove	SW230524	1
100 Breaststroke	1:25.35	1:23.90	295	12/05/24	Team Bath AS & Millfield L1 Last Chance Meet 2024	Millfield	SW240605	1
200 Breaststroke	3:06.77	3:03.90	303	12/05/24	Team Bath AS & Millfield L1 Last Chance Meet 2024	Millfield	SW240605	1
50 Butterfly	36.34	35.80	230	15/01/23	Devon County Championships 2023	Plymouth	SW230241	1
100 Butterfly	1:27.17	1:26.30	182	15/01/22	Devon County ASA Championships & Age Groups 2022	Plymouth	SW220040	1
200 Butterfly	3:11.10	3:09.40	192	24/04/22	Swim England South West Region Championships 2022	Millfield	SW220567	1
50 Backstroke	30.53	29.90	458	23/03/24	Swim Wales National Championships 2024	Swansea	WL240023	1
100 Backstroke	1:05.63	1:04.40	486	05/05/24	SE SWR Summer Championships 2024	Plymouth	SW240588	1
200 Backstroke	2:25.56	2:23.30	454	25/03/24	Swim Wales National Championships 2024	Swansea	WL240023	1
200 Individual Medley	2:36.66	2:34.10	385	25/03/24	Swim Wales National Championships 2024	Swansea	WL240023	1
400 Individual Medley	6:23.51	6:18.90	252	12/03/22	Plymouth Leander Early Spring National Qualifier	Plymouth	SW220266	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.32	28.10	401	17/03/24	Caradon & Dinnaton Two Counties 2024	Plymouth	SW240204	3
100 Freestyle	1:00.64	1:02.00	404	02/10/23	City of Plymouth Annual Swim Meet 2023	Plymouth	SW231296	3
200 Freestyle	2:09.23	2:11.90	454	11/12/23	Plymouth Leander Christmas Open SC L3 2023	Plymouth	SW232227	3
400 Freestyle	4:35.47	4:40.50	457	04/11/23	SE South West Region SC Winter Championships 2023	Millfield	SW231774	2
800 Freestyle	9:31.94	9:42.00	466	01/10/23	City of Plymouth Annual Swim Meet 2023	Plymouth	SW231295	3
1500 Freestyle	18:10.59	18:29.30	468	03/11/23	SE South West Region SC Winter Championships 2023	Millfield	SW231774	2
50 Breaststroke	35.94	36.80	334	27/01/24	2024 Cornwall County & Age Groups Championships	Penzance	SW240148	2
100 Breaststroke	1:23.06	1:24.60	294	08/10/23	Exeter City Lyndsay Powell Memorial Meet 2023	Plymouth	SW231387	2
200 Breaststroke	3:06.09	3:08.90	269	02/04/23	Plymouth Leander Last Chance Regional Qualifier 23	Plymouth	SW230597	3
50 Butterfly	32.55	33.10	298	28/01/24	2024 Cornwall County & Age Groups Championships	Bodmin	SW240149	2
100 Butterfly	1:14.79	1:15.80	260	28/01/24	2024 Cornwall County & Age Groups Championships	Bodmin	SW240149	2
200 Butterfly	2:56.33	2:58.10	222	03/02/24	2024 Cornwall County & Age Groups Championships	Penzance	SW240150	2
50 Backstroke	29.85	30.50	406	16/03/24	Caradon & Dinnaton Two Counties 2024	Plymouth	SW240204	3
100 Backstroke	1:02.88	1:04.10	454	03/02/24	2024 Cornwall County & Age Groups Championships	Penzance	SW240150	2
200 Backstroke	2:20.80	2:23.10	422	17/03/24	Caradon & Dinnaton Two Counties 2024	Plymouth	SW240204	3
200 Individual Medley	2:30.73	2:33.30	384	27/01/24	2024 Cornwall County & Age Groups Championships	Penzance	SW240148	2
400 Individual Medley	5:35.64	5:40.80	342	30/09/23	City of Plymouth Annual Swim Meet 2023	Plymouth	SW231295	3
100 Individual Medley	1:09.18	1:09.20	361	27/01/24	2024 Cornwall County & Age Groups Championships	Penzance	SW240148	2