

Individual Best Times (All Time)

James French - (1449247) - Hailsham SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	34.18	33.60	228	25/02/24	Sussex County ASA County Championships	Crawley	SE240244	1
100 Freestyle	1:14.46	1:13.30	249	23/06/24	English Schools' SA Summer Open Championships 2024	Crawley	SE240342	3
200 Freestyle	2:40.08	2:37.90	258	10/02/24	Sussex County ASA County Championships	Crawley	SE240243	1
400 Freestyle	5:34.50	5:30.30	284	25/02/24	Sussex County ASA County Championships	Crawley	SE240244	1
800 Freestyle	11:18.98	11:10.40	295	17/02/24	Sussex County ASA County Championships	Crawley	SE240242	1
1500 Freestyle	22:19.15	22:03.60	275	28/01/24	Sussex County ASA County Championships	Crawley	SE240241	1
50 Breaststroke	43.26	42.50	215	06/04/24	Crawley Spring L1 Open Meet LC 2024	Crawley	SE240321	1
100 Breaststroke	1:34.83	1:33.50	215	22/06/24	English Schools' SA Summer Open Championships 2024	Crawley	SE240342	3
200 Breaststroke	3:22.32	3:19.70	238	25/02/24	Sussex County ASA County Championships	Crawley	SE240244	1
50 Butterfly	37.03	36.50	217	11/02/23	Sussex County & Age Group Championships 2023	Crawley	SE230304	1
100 Butterfly	1:26.10	1:25.20	189	23/06/24	English Schools' SA Summer Open Championships 2024	Crawley	SE240342	3
200 Butterfly	3:58.13	3:56.80	99	25/02/23	Sussex County & Age Group Championships 2023	Crawley	SE230305	1
50 Backstroke	36.92	36.40	259	10/02/24	Sussex County ASA County Championships	Crawley	SE240243	1
100 Backstroke	1:17.48	1:16.40	295	22/06/24	English Schools' SA Summer Open Championships 2024	Crawley	SE240342	3
200 Backstroke	2:41.29	2:39.20	334	23/06/24	English Schools' SA Summer Open Championships 2024	Crawley	SE240342	3
200 Individual Medley	2:52.51	2:50.20	288	27/04/24	SE South East Region LC Championships 2024	Winchester	SE240685	1
400 Individual Medley	6:00.16	5:55.20	305	18/05/24	SE SE Region 2024 LC No-frill Re-swim Gala	Crawley	SE241269	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	34.29	34.90	203	22/10/23	Sussex County ASA Winter AG Competition 2023	Crawley	SE231993	2
100 Freestyle	1:14.15	1:15.30	221	21/10/23	Sussex County ASA Winter AG Competition 2023	Crawley	SE231993	2
200 Freestyle	2:38.34	2:40.50	247	09/03/24	Hailsham SC 2024 Club Championships	Hailsham	SE240572	4
400 Freestyle	5:24.19	5:28.50	280	11/05/24	Hailsham SC 2024 Club Championships	Hailsham	SE240573	4
800 Freestyle	11:27.79	11:36.20	267	18/11/23	Hailsham SC Club Championships 2023	Eastbourne	SE230586	4
1500 Freestyle	21:35.57	21:51.40	279	20/04/24	SE South East Region LC Championships 2024	Crawley	SE240684	2
50 Breaststroke	43.93	44.60	183	11/11/23	National Arena Swimming League South R2 2023	Horsham	SE232478	3
100 Breaststroke	1:31.87	1:33.20	217	11/05/24	Hailsham SC 2024 Club Championships	Hailsham	SE240573	4
200 Breaststroke	3:18.96	3:21.60	220	09/03/24	Hailsham SC 2024 Club Championships	Hailsham	SE240572	4
50 Butterfly	36.87	37.40	205	11/11/23	National Arena Swimming League South R2 2023	Horsham	SE232478	3
100 Butterfly	1:28.18	1:29.00	159	11/03/23	Hailsham SC Club Championships 2023	Eastbourne	SE230581	4
200 Butterfly	3:18.01	3:19.60	157	22/10/23	Sussex County ASA Winter AG Competition 2023	Crawley	SE231993	2
50 Backstroke	36.90	37.40	215	11/05/24	Hailsham SC 2024 Club Championships	Hailsham	SE240573	4
100 Backstroke	1:20.70	1:21.70	214	21/10/23	Sussex County ASA Winter AG Competition 2023	Crawley	SE231993	2
200 Backstroke	2:48.56	2:50.50	246	22/10/23	Sussex County ASA Winter AG Competition 2023	Crawley	SE231993	2
200 Individual Medley	2:56.24	2:58.50	240	21/10/23	Sussex County ASA Winter AG Competition 2023	Crawley	SE231993	2
400 Individual Medley	6:26.75	6:31.30	223	16/07/23	Hailsham SC Mike Pashler Invitational Open	Bede's Senior School	SE231019	4
100 Individual Medley	1:23.44	1:23.40	206	22/10/23	Sussex County ASA Winter AG Competition 2023	Crawley	SE231993	2