

Individual Best Times (All Time)

James Rose-Coulthard - (1584539) - Wigan SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	32.94	32.30	255	03/03/24	City of Sheffield SS March Madness 2024	Sheffield	NE240261	3
100 Freestyle	1:23.30	1:22.30	178	05/03/23	City of Sheffield March Madness 2023	Sheffield	NE230021	3
200 Freestyle	2:57.26	2:55.30	190	29/04/23	SE North West Regional Summer Championships 2023	Liverpool	NW230690	1
50 Breaststroke	1:01.41	1:00.90	75	04/12/21	City of Manchester Aquatics Arena Snowpen 2021	Manchester	NW211519	3
50 Butterfly	45.32	44.90	118	05/03/23	City of Sheffield March Madness 2023	Sheffield	NE230021	3
100 Butterfly	1:30.50	1:29.70	163	03/03/24	City of Sheffield SS March Madness 2024	Sheffield	NE240261	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.34	32.00	266	23/06/24	Wigan Best Future Stars June Meet 2024	Wigan	NW240734	3
100 Freestyle	1:08.61	1:09.80	279	23/06/24	Wigan Best Future Stars June Meet 2024	Wigan	NW240734	3
200 Freestyle	2:32.82	2:35.10	274	22/06/24	Wigan Best Future Stars June Meet 2024	Wigan	NW240734	3
400 Freestyle	6:07.37	6:11.20	192	15/07/23	City of Salford Summer Spectacular Meet 2023	Broughton	NW230231	3
50 Breaststroke	48.16	48.80	139	16/12/23	Arena Manchester Snowpen 2023	Manchester	NW232517	3
50 Butterfly	35.47	36.00	230	22/06/24	Wigan Best Future Stars June Meet 2024	Wigan	NW240734	3
100 Butterfly	1:26.95	1:27.80	165	23/03/24	BCM SWPA Spring Meet 2024	Wigan	NW240300	3
50 Backstroke	50.66	51.10	83	17/07/22	Bolton Metro Swimming Squad & City of Salford SC	Broughton	NW220977	3
200 Individual Medley	3:22.79	3:24.70	157	15/07/23	City of Salford Summer Spectacular Meet 2023	Broughton	NW230231	3
100 Individual Medley	1:46.13	1:46.10	100	03/07/22	Wigan Swimming Club Championships	Wigan	NW221518	4