

# Individual Best Times (All Time)

James Latham - (164128) - City of Derby Swimming Club

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	24.57	23.70	616	12/01/14	UBSC New Year Open Meet	Hengrove	SW4041	1
100 Freestyle	54.99	53.50	618	21/12/13	Derventio eXcel Christmas Cracker Meet	Sheffield	EM3630	1
200 Freestyle	2:01.45	1:58.60	592	12/05/13	Derventio Excel Swim Squad 7th LC Open	Sheffield	EM3054	1
400 Freestyle	4:24.46	4:19.10	576	16/05/11	Swim Swansea Long Course Open Meet	Swansea	WAL360	1
800 Freestyle	9:26.08	9:15.80	509	16/05/10	Swim Swansea Long Course	Swansea	WAL299	1
50 Breaststroke	29.87	28.80	655	13/04/14	British Gas Championships 2014	Glasgow	ASA132	1
100 Breaststroke	1:06.62	1:04.70	622	09/02/14	Derventio Excel February Festival	Sheffield	EM4028	1
200 Breaststroke	2:27.78	2:24.20	612	17/07/12	BG ASA National Youth Championships 2012	Sheffield	ASA119	1
50 Butterfly	27.55	26.90	528	16/12/12	Plymouth L1 Long Course Open Meet	Plymouth	SW2791	1
100 Butterfly	1:03.70	1:02.50	467	11/05/13	Derventio Excel Swim Squad 7th LC Open	Sheffield	EM3054	1
50 Backstroke	34.79	34.20	310	29/11/09	DASA 50M Sprint Gala	Sheffield	EM9593	3
100 Backstroke	1:10.76	1:09.60	387	16/05/10	Swim Swansea Long Course	Swansea	WAL299	1
200 Backstroke	2:31.61	2:29.40	402	15/05/10	Swim Swansea Long Course	Swansea	WAL299	1
200 Individual Medley	2:14.16	2:11.20	613	18/07/12	BG ASA National Youth Championships 2012	Sheffield	ASA119	1
400 Individual Medley	4:57.81	4:51.90	539	03/04/11	Derventio Excel Open Meet	Sheffield	EM1083	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	24.03	24.90	590	01/03/14	Derbyshire ASA County Championships 2014	Matlock	CC4089	2
100 Freestyle	52.87	54.40	610	01/03/14	Derbyshire ASA County Championships 2014	Matlock	CC4089	2
200 Freestyle	1:59.07	2:01.90	581	04/12/11	British Gas Midlands Winter Championships	Corby	WMR128	2
400 Freestyle	4:14.44	4:19.90	580	12/03/11	Derbyshire County Championships	Chesterfield	CC1095	2
800 Freestyle	9:39.51	9:49.40	447	14/03/09	Derbyshire County Champs	Derby	CC9117	2
1500 Freestyle	18:18.87	18:37.50	457	21/03/09	Derbyshire County Champs	Derby	CC9118	2
50 Breaststroke	29.60	30.60	598	20/12/14	British Gas Swim Wales Open Winter Championships	Swansea	WAL615	1
100 Breaststroke	1:05.27	1:07.20	607	03/12/11	British Gas Midlands Winter Championships	Corby	WMR128	2
200 Breaststroke	2:23.34	2:27.00	589	01/12/12	Midland Winter Championships 2012	Corby	WMR226	2
50 Butterfly	27.05	27.70	519	01/03/14	Derbyshire ASA County Championships 2014	Matlock	CC4089	2
100 Butterfly	1:05.32	1:06.50	391	05/10/13	Derventio Excel 3rd SC Open Meet	Matlock	EM3629	2
50 Backstroke	29.41	30.10	424	25/10/14	City of Leeds Grand Prix	Leeds	NE4022	2
100 Backstroke	1:06.36	1:07.60	386	19/09/10	City of Derby Club Champs	Derby	EM0521	4
200 Backstroke	2:23.47	2:25.80	399	20/03/10	Derbyshire County Champs	Derby	CC0124	2
200 Individual Medley	2:09.98	2:13.00	600	11/03/12	Derbyshire County Championships	Chesterfield	CC2112	2
400 Individual Medley	4:52.65	4:58.60	516	07/11/10	BG Midland Winter Champs	Corby	WMR025	2
100 Individual Medley	1:00.19	1:00.20	548	08/12/13	Midland Short Course 2013	Stafford	WMR326	2