

Individual Best Times (All Time)

James Allberry - (1689055) - Stowmarket SC

Long Course

| Stroke | LC Time | Converted to SC | LC WA Pts | Date | Meet | Venue | Licence | Level |
|-----------------------|---------|-----------------|-----------|----------|---|---------|----------|-------|
| 50 Freestyle | 31.03 | 30.30 | 305 | 22/06/24 | Norwich Swan & West Norfolk Boudicca L3 Open Meet | Norwich | ER241058 | 3 |
| 100 Freestyle | 1:10.28 | 1:09.10 | 296 | 02/03/24 | City of Norwich March LC Open Meet 2024 | Norwich | ER240009 | 3 |
| 200 Freestyle | 2:29.56 | 2:27.20 | 317 | 22/06/24 | Norwich Swan & West Norfolk Boudicca L3 Open Meet | Norwich | ER241058 | 3 |
| 50 Breaststroke | 44.22 | 43.50 | 202 | 23/06/24 | Norwich Swan & West Norfolk Boudicca L3 Open Meet | Norwich | ER241058 | 3 |
| 100 Breaststroke | 1:35.19 | 1:33.90 | 213 | 22/06/24 | Norwich Swan & West Norfolk Boudicca L3 Open Meet | Norwich | ER241058 | 3 |
| 200 Breaststroke | 3:31.62 | 3:29.10 | 208 | 23/06/24 | Norwich Swan & West Norfolk Boudicca L3 Open Meet | Norwich | ER241058 | 3 |
| 50 Butterfly | 34.84 | 34.30 | 261 | 23/06/24 | Norwich Swan & West Norfolk Boudicca L3 Open Meet | Norwich | ER241058 | 3 |
| 100 Butterfly | 1:20.16 | 1:19.20 | 234 | 22/06/24 | Norwich Swan & West Norfolk Boudicca L3 Open Meet | Norwich | ER241058 | 3 |
| 200 Butterfly | 3:01.22 | 2:59.50 | 225 | 23/06/24 | Norwich Swan & West Norfolk Boudicca L3 Open Meet | Norwich | ER241058 | 3 |
| 50 Backstroke | 39.77 | 39.30 | 207 | 22/06/24 | Norwich Swan & West Norfolk Boudicca L3 Open Meet | Norwich | ER241058 | 3 |
| 100 Backstroke | 1:22.93 | 1:22.00 | 240 | 23/06/24 | Norwich Swan & West Norfolk Boudicca L3 Open Meet | Norwich | ER241058 | 3 |
| 200 Individual Medley | 2:49.63 | 2:47.30 | 303 | 23/06/24 | Norwich Swan & West Norfolk Boudicca L3 Open Meet | Norwich | ER241058 | 3 |

Short Course

| Stroke | SC Time | Converted to LC | SC WA Pts | Date | Meet | Venue | License | Level |
|-----------------------|---------|-----------------|-----------|----------|--|-------------|----------|-------|
| 50 Freestyle | 30.88 | 31.50 | 278 | 17/03/24 | Teamipswich SC The Mighty March Meet 2024 | Ipswich | ER240266 | 3 |
| 100 Freestyle | 1:07.93 | 1:09.20 | 287 | 08/06/24 | Stowmarket Sprint into Summer 2024 | Stowmarket | ER240677 | 3 |
| 200 Freestyle | 2:30.57 | 2:32.90 | 287 | 16/03/24 | Teamipswich SC The Mighty March Meet 2024 | Ipswich | ER240266 | 3 |
| 400 Freestyle | 6:02.05 | 6:05.90 | 201 | 19/11/23 | Deben Woodbridge SC November 2023 Meet | Ipswich | ER230782 | 3 |
| 50 Breaststroke | 43.26 | 44.00 | 191 | 17/03/24 | Teamipswich SC The Mighty March Meet 2024 | Ipswich | ER240266 | 3 |
| 100 Breaststroke | 1:35.46 | 1:36.80 | 194 | 17/03/24 | Teamipswich SC The Mighty March Meet 2024 | Ipswich | ER240266 | 3 |
| 200 Breaststroke | 3:47.96 | 3:50.30 | 146 | 07/10/23 | David Robinson Suffolk Development Meet 2023 | Ipswich | ER231795 | 3 |
| 50 Butterfly | 35.60 | 36.10 | 228 | 16/03/24 | Teamipswich SC The Mighty March Meet 2024 | Ipswich | ER240266 | 3 |
| 100 Butterfly | 1:18.60 | 1:19.60 | 224 | 17/03/24 | Teamipswich SC The Mighty March Meet 2024 | Ipswich | ER240266 | 3 |
| 50 Backstroke | 39.74 | 40.20 | 172 | 17/03/24 | Teamipswich SC The Mighty March Meet 2024 | Ipswich | ER240266 | 3 |
| 100 Backstroke | 1:25.21 | 1:26.20 | 182 | 16/03/24 | Teamipswich SC The Mighty March Meet 2024 | Ipswich | ER240266 | 3 |
| 200 Individual Medley | 2:54.01 | 2:56.30 | 250 | 17/03/24 | Teamipswich SC The Mighty March Meet 2024 | Ipswich | ER240266 | 3 |
| 400 Individual Medley | 6:25.43 | 6:30.00 | 226 | 17/12/23 | Stowmarket SC No Frills Meet 2023 | Mid Suffolk | ER232289 | 3 |
| 100 Individual Medley | 1:20.61 | 1:20.60 | 228 | 08/06/24 | Stowmarket Sprint into Summer 2024 | Stowmarket | ER240677 | 3 |