

Individual Best Times (All Time)

James Dawson - (182779) - Welsh Individual Member

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	25.32	24.50	563	01/04/13	BG Swim Wales AG & Yth & Senior Champs	Swansea	WAL483	1
100 Freestyle	54.53	53.00	634	23/02/13	Yorkshire Age Group Championships	Leeds	CC3099	1
200 Freestyle	2:06.94	2:04.20	518	19/02/11	Yorkshire County Championships	Sheffield	CC1084	1
50 Breaststroke	30.71	29.70	603	16/03/13	Yorkshire County Championships	Sheffield	CC3100	1
100 Breaststroke	1:08.14	1:06.30	581	31/07/13	BG ASA National Youth Championships	Sheffield	ASA128	1
200 Breaststroke	2:28.68	2:25.10	601	27/07/11	British Gas ASA National Youth Champs	Sheffield	ASA112	1
50 Butterfly	28.51	27.80	476	19/03/11	Yorkshire County Championships	Sheffield	CC1086	1
100 Butterfly	1:03.56	1:02.40	470	02/04/10	Welsh Age Group & Youth Champs	Swansea	WAL288	1
200 Butterfly	2:20.61	2:18.30	483	04/04/10	Welsh Age Group & Youth Champs	Swansea	WAL288	1
50 Backstroke	30.11	29.40	478	16/03/13	Yorkshire County Championships	Sheffield	CC3100	1
100 Backstroke	1:04.01	1:02.70	523	24/02/13	Yorkshire Age Group Championships	Leeds	CC3099	1
200 Backstroke	2:17.93	2:15.50	534	16/02/13	Yorkshire Age Groups Open Championships	Leeds	CC3098	1
200 Individual Medley	2:13.60	2:10.60	621	31/03/13	BG Swim Wales AG & Yth & Senior Champs	Swansea	WAL483	1
400 Individual Medley	4:54.05	4:48.00	560	26/02/11	Yorkshire County Championships	Leeds	CC1085	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	25.45	26.30	497	30/10/11	City of Bradford Halloween Meet	Shipley	NE1378	2
100 Freestyle	53.42	55.00	591	01/12/12	ASA North East Region Senior & Junior Meet	Sunderland	NER228	2
200 Freestyle	2:03.91	2:06.70	515	07/11/10	BG North East SC Champs	Sunderland	NER029	2
50 Breaststroke	30.84	31.80	529	03/12/11	BG North East Region Championships	Sunderland	NER124	2
100 Breaststroke	1:07.01	1:08.90	561	14/10/12	Yorkshire SA Winter Competition 2012	Sheffield	NE2844	2
200 Breaststroke	2:28.09	2:31.60	534	03/12/11	BG North East Region Championships	Sunderland	NER124	2
50 Butterfly	29.15	29.80	415	30/10/11	City of Bradford Halloween Meet	Shipley	NE1378	2
100 Butterfly	1:00.96	1:02.20	481	13/10/12	Yorkshire SA Winter Competition 2012	Sheffield	NE2844	2
200 Butterfly	2:23.26	2:25.40	414	24/10/09	Harrogate Junior Meet	Harrogate	NE9434	2
50 Backstroke	29.36	30.00	427	27/10/12	City of Bradford Halloween Meet	Bradford	NE2531	2
100 Backstroke	1:01.15	1:02.40	493	14/10/12	Yorkshire SA Winter Competition 2012	Sheffield	NE2844	2
200 Backstroke	2:15.64	2:18.10	472	07/11/10	BG North East SC Champs	Sunderland	NER029	2
200 Individual Medley	2:11.02	2:14.00	585	14/10/12	Yorkshire SA Winter Competition 2012	Sheffield	NE2844	2
400 Individual Medley	4:58.21	5:04.00	488	29/11/09	North East Region Champs	Sunderland	NER922	2
100 Individual Medley	1:00.39	1:00.40	543	27/07/13	City of Bradford SC End of Season Meet	Shipley	NE3328	3