

Individual Best Times (All Time)

James Young - (19682) - Epsom District SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	23.70	22.80	686	07/08/10	British Gas Youth Champs	Sheffield	ASA102	1
100 Freestyle	50.62	49.00	793	31/03/10	British Gas Championships	Sheffield	ASA099	1
200 Freestyle	1:52.24	1:49.10	750	30/03/10	British Gas Championships	Sheffield	ASA099	1
400 Freestyle	4:04.70	3:58.90	727	28/07/09	British Gas Youth Champs	Sheffield	ASA093	1
800 Freestyle	8:41.36	8:30.20	652	19/04/08	Crawley Spring Open Meet	Crawley	SE8063	1
1500 Freestyle	16:40.23	16:19.40	660	04/04/08	British Champs (50m) 2008	Sheffield	ASA077	1
50 Breaststroke	33.74	32.80	454	06/04/07	Leatherhead Easter Open	Crystal Palace	SE7014	2
100 Breaststroke	1:12.21	1:10.40	488	09/01/09	Welsh New Year Dragon	Swansea	WAL214	1
200 Breaststroke	2:41.38	2:38.10	470	03/05/08	London Region Youth Champ	Ealing	LRX815	1
50 Butterfly	28.36	27.70	484	06/12/08	Plymouth Leander Open	Millfield School	SW8450	1
100 Butterfly	1:05.79	1:04.60	424	03/05/08	London Region Youth Champ	Ealing	LRX815	1
200 Butterfly	2:28.20	2:26.10	412	09/06/07	London Bagcat Champs	Crystal Palace	LRX722	1
50 Backstroke	29.51	28.80	508	10/01/09	Welsh New Year Dragon	Swansea	WAL214	1
100 Backstroke	1:02.81	1:01.50	554	28/03/09	Sheffield Premier Meet	Sheffield	NE9036	1
200 Backstroke	2:18.70	2:16.30	525	20/03/08	Welsh Age & Youth Champs	Swansea	WAL184	1
200 Individual Medley	2:12.94	2:09.90	630	30/07/09	British Gas Youth Champs	Sheffield	ASA093	1
400 Individual Medley	4:50.92	4:44.80	579	04/05/08	London Region Youth Champ	Ealing	LRX815	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	23.23	24.10	653	03/12/11	BG SWR Short Course Championships	Millfield	SWR126	2
100 Freestyle	49.99	51.60	721	04/12/11	BG SWR Short Course Championships	Millfield	SWR126	2
200 Freestyle	1:49.22	1:52.30	753	09/08/09	British Gas Grand Prix	Leeds	ASA095	1
400 Freestyle	3:57.59	4:03.40	712	06/08/09	British Gas Grand Prix	Leeds	ASA095	1
800 Freestyle	8:43.24	8:54.10	608	05/11/06	London Reg Winter Champs	Bexleyheath	LRX629	1
1500 Freestyle	16:41.46	17:01.80	604	03/11/06	London Reg Winter Champs	Bexleyheath	LRX629	1
50 Breaststroke	32.62	33.60	447	07/11/09	South West Region Champs	Weston-super-Mare	SWR908	2
100 Breaststroke	1:09.44	1:11.20	504	25/11/07	Maidstone Open Meet	Maidstone	SE7172	2
200 Breaststroke	2:33.06	2:36.50	483	03/11/07	London Region Champs	Barnet	LRX728	1
50 Butterfly	28.42	29.10	448	08/03/08	Surrey County Champs	Guildford	CC8034	2
100 Butterfly	1:00.24	1:01.50	498	01/03/09	Devon County Champs	Exeter	CC9051	2
200 Butterfly	2:17.63	2:19.90	467	01/03/08	Surrey County Champs	Guildford	CC8033	2
50 Backstroke	29.70	30.40	412	16/02/08	Surrey County Champs	Guildford	CC8032	2
100 Backstroke	1:03.30	1:04.60	445	01/03/08	Surrey County Champs	Guildford	CC8033	2
200 Backstroke	2:14.49	2:16.90	484	16/02/08	Surrey County Champs	Guildford	CC8032	2
200 Individual Medley	2:07.18	2:10.20	640	06/08/09	British Gas Grand Prix	Leeds	ASA095	1
400 Individual Medley	4:46.09	4:52.20	552	16/02/08	Surrey County Champs	Guildford	CC8032	2
100 Individual Medley	59.67	59.70	563	06/11/10	South West Region Champs	Millfield	SWR007	2