

Individual Best Times (All Time)

James Burden - (25430) - Plymouth Leander SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	22.95	22.00	756	01/08/09	British Gas Youth Champs	Sheffield	ASA093	1
100 Freestyle	51.77	50.10	741	19/03/09	British Gas Champs (50m)	Sheffield	ASA089	1
200 Freestyle	1:59.65	1:56.70	619	08/03/08	Warwickshire Champs	Coventry	CC8025	2
400 Freestyle	4:42.80	4:37.80	471	07/05/06	City of Coventry May Open	Coventry	WM6023	1
50 Breaststroke	39.16	38.30	290	05/03/05	Warwickshire County Champs	Coventry	CCM511	1
50 Butterfly	26.78	26.10	575	15/12/12	City of Manchester Snow Pen 2012	Manchester	NW2496	1
100 Butterfly	58.17	56.90	614	03/04/08	British Champs (50m) 2008	Sheffield	ASA077	1
200 Butterfly	2:38.36	2:36.40	338	05/03/05	Warwickshire County Champs	Coventry	CCM511	1
50 Backstroke	27.64	26.90	618	30/07/13	BG ASA National Youth Championships	Sheffield	ASA128	1
100 Backstroke	58.65	57.30	680	03/08/13	BG ASA National Youth Championships	Sheffield	ASA128	1
200 Backstroke	2:19.21	2:16.80	519	27/01/08	Burns Open Long Course Mt	Sheffield	NE8040	1
200 Individual Medley	2:21.65	2:18.80	521	13/05/07	City of Coventry May Mt	Coventry	WM7140	1
400 Individual Medley	6:01.78	5:56.90	301	24/01/04	Gateshead Long Course Meet	Sheffield	L1E080	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	23.05	23.90	669	08/11/09	Midland SC Champs 2009	Corby	WMR928	2
100 Freestyle	52.13	53.70	636	06/04/08	Nuneaton & Bedworth Open	Nuneaton	WM8002	2
200 Freestyle	1:58.09	2:01.00	595	12/10/08	Coventry & District Champ	Nuneaton	WM8362	2
400 Freestyle	4:27.49	4:32.70	499	07/10/06	Coventry & District	Nuneaton	WM6161	1
50 Breaststroke	33.54	34.50	411	04/10/08	Coventry & District Champ	Nuneaton	WM8361	2
100 Breaststroke	1:27.27	1:28.70	254	10/10/04	Coventry & District Champs	Nuneaton	L2M179	2
50 Butterfly	27.01	27.70	522	03/11/07	The Midlands Champs	Leicester	WMR726	1
100 Butterfly	59.19	1:00.50	526	25/10/08	ESSA 59th Championships	Enfield	LR8534	1
200 Butterfly	2:13.15	2:15.50	516	05/10/08	Coventry & District Champ	Nuneaton	WM8361	2
50 Backstroke	26.31	27.10	593	02/12/12	Midland Winter Championships 2012	Corby	WMR226	2
100 Backstroke	59.85	1:01.20	526	03/11/07	The Midlands Champs	Leicester	WMR726	1
200 Backstroke	2:10.62	2:13.10	528	04/11/07	The Midlands Champs	Leicester	WMR726	1
200 Individual Medley	2:18.22	2:21.00	498	05/10/08	Coventry & District Champ	Nuneaton	WM8361	2
100 Individual Medley	1:03.40	1:03.40	469	02/11/08	Midlands Winter Champs	Leicester	WMR826	1