

Individual Best Times (All Time)

James Hollis - (258825) - Shephed SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	26.19	25.40	508	01/06/18	British Para-Swimming International	Sheffield	DIS118	1
100 Freestyle	57.29	55.80	547	30/07/15	British Summer Championships	Sheffield	ASA141	1
200 Freestyle	2:25.98	2:23.60	341	23/03/08	City of Norwich Easter Mt	Norwich	ER8089	2
400 Freestyle	4:28.56	4:23.30	550	27/07/11	British Gas ASA National Youth Champs	Sheffield	ASA112	1
100 Breaststroke	1:30.91	1:29.50	244	30/03/10	British Gas Championships	Sheffield	ASA099	1
50 Butterfly	27.09	26.40	555	02/03/18	Copenhagen 2018 World Para Swimming World Series	Copenhagen, Denmark	GBR659	1
100 Butterfly	57.48	56.10	636	29/04/17	British Para Swimming International 2017	Sheffield	BSW003	1
200 Butterfly	2:20.34	2:18.10	486	05/05/12	ASA East Region Youth Championships	Basildon	ERX203	1
50 Backstroke	30.37	29.70	466	03/03/18	Copenhagen 2018 World Para Swimming World Series	Copenhagen, Denmark	GBR659	1
100 Backstroke	1:03.01	1:01.70	549	26/07/17	British Summer Championships	Sheffield	BSW002	1
200 Backstroke	3:04.77	3:03.00	222	07/10/06	WASA Disability Champs (LD)	Swansea	WAL119	1
200 Individual Medley	2:26.49	2:23.80	471	08/03/12	British Gas Swimming Championships 2012	London	ASA116	1
400 Individual Medley	5:35.39	5:30.10	377	03/05/09	East Region Youth Champs	Norwich	ERX912	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	25.72	26.50	481	11/11/17	BUCS Short Course Swimming Championships	Sheffield	NE172398	2
100 Freestyle	57.14	58.60	483	21/12/14	British Gas Swim Wales Open Winter Championships	Swansea	WAL615	1
200 Freestyle	2:06.20	2:08.90	488	14/11/15	BUCS Short Course Championships	Sheffield	NE151867	2
400 Freestyle	4:24.60	4:29.80	516	23/11/13	DSE National Short Course Meet	Sheffield	DIS096	2
800 Freestyle	9:33.06	9:43.10	463	14/10/10	Epping Forest Dist Club Champs	Loughton	ER0291	4
1500 Freestyle	17:53.50	18:12.50	490	13/10/11	Epping Forest District SC Club Championshi	Loughton	ER1314	4
50 Breaststroke	38.74	39.50	267	13/11/11	Epping Forest District November Gala	Loughton	ER1313	3
100 Breaststroke	1:18.06	1:19.70	355	12/11/17	BUCS Short Course Swimming Championships	Sheffield	NE172398	2
200 Breaststroke	3:08.41	3:11.20	259	11/07/10	Epping Forest Club Champ	Loughton	ER0289	4
50 Butterfly	27.19	27.90	511	23/10/16	Manchester International 2016	Manchester	NW161951	2
100 Butterfly	58.14	59.40	555	10/12/17	National Para-Swimming Champs 2017	Manchester	DIS116	2
200 Butterfly	2:14.66	2:17.00	499	08/12/13	BUCS Short Course 2013	Sheffield	BUC008	2
50 Backstroke	29.84	30.50	406	24/10/15	Nova Centurion October Short Course Open Meet	Nottingham	EM151600	2
100 Backstroke	1:01.71	1:03.00	480	10/12/17	National Para-Swimming Champs 2017	Manchester	DIS116	2
200 Backstroke	2:26.32	2:28.60	376	18/09/11	Epping Forest District SC Club Championshi	Loughton	ER1314	4
200 Individual Medley	2:26.85	2:29.50	416	13/11/16	BUCS Short Course Swimming Championships	Sheffield	NE162003	2
400 Individual Medley	5:38.94	5:44.10	332	25/11/10	Epping Forest Club Champs	Loughton	ER0293	4
100 Individual Medley	1:05.77	1:05.80	420	06/10/13	London Bo Redbridge Early County & Regional	Ilford	LR3176	3