

Individual Best Times (All Time)

Sian James - (320238) - Halesowen SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.38	27.60	575	05/02/23	Warwickshire Swimming Championships 2023	Coventry	WM230053	1
100 Freestyle	1:00.06	58.70	638	26/06/22	City of Sheffield Swim Squad Team Steel Meet 2022	Sheffield	NE220037	1
200 Freestyle	2:12.48	2:09.80	618	25/06/22	City of Sheffield Swim Squad Team Steel Meet 2022	Sheffield	NE220037	1
400 Freestyle	4:38.65	4:33.60	602	30/05/15	Cardiff International Open Meet 2015	Cardiff	WL150515	1
50 Butterfly	31.75	31.10	455	11/03/23	Nova Centurion National Qualifier Meet 2022	Nottigham	EM230091	1
50 Backstroke	32.63	32.00	557	25/06/22	City of Sheffield Swim Squad Team Steel Meet 2022	Sheffield	NE220037	1
100 Backstroke	1:12.09	1:11.00	502	04/02/23	Warwickshire Swimming Championships 2023	Coventry	WM230053	1
200 Backstroke	2:41.37	2:39.30	444	05/04/14	Derventio Excel 8th LC Open Meet	Sheffield	EM4029	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.41	28.20	585	03/12/23	City of Coventry Winter Meet 2023	Coventry	WM231042	3
100 Freestyle	58.80	1:00.20	624	04/02/24	Worcester County SA County Championships 2024	Smethwick	WM240081	2
200 Freestyle	2:07.19	2:09.90	652	03/12/22	Chesterfield SC Winter Open Championships 2022	Matlock	EM222543	4
400 Freestyle	4:34.85	4:39.90	595	22/02/15	Derbyshire ASA 2015 Championships	Matlock	CC150348	2
800 Freestyle	10:27.65	10:36.80	440	21/09/13	Long Eaton Club Championships	Long Eaton	EM3579	4
100 Breaststroke	1:38.30	1:39.60	255	20/09/14	Derventio Excel Level 4 Meet	Matlock	EM14223	4
50 Butterfly	30.30	30.90	520	28/10/23	Sandwell Aquatics Club Trident Open Meet 2023	Sandwell	WM231538	3
100 Butterfly	1:13.46	1:14.50	398	18/07/15	Long Eaton Club Championships	Long Eaton	EM151411	4
200 Butterfly	2:58.39	3:00.20	301	20/09/14	Derventio Excel Level 4 Meet	Matlock	EM14223	4
50 Backstroke	30.16	30.80	586	03/02/24	Worcester County SA County Championships 2024	Smethwick	WM240081	2
100 Backstroke	1:05.48	1:06.70	589	29/10/23	Sandwell Aquatics Club Trident Open Meet 2023	Sandwell	WM231538	3
200 Backstroke	2:29.50	2:31.70	503	02/07/23	City of Cambridge SC Jeanna Barker 23	Cambridge	ER231030	3
200 Individual Medley	2:47.03	2:49.40	388	22/02/14	Derbyshire County Championships 2014	Matlock	CC4088	2
100 Individual Medley	1:19.28	1:19.30	362	20/09/14	Derventio Excel Level 4 Meet	Matlock	EM14223	4