

Individual Best Times (All Time)

James Simpson - (348018) - Trafford Metro Bor SC

Long Course

| Stroke | LC Time | Converted to SC | LC WA Pts | Date | Meet | Venue | Licence | Level |
|-----------------------|---------|-----------------|-----------|----------|--|------------|----------|-------|
| 50 Freestyle | 24.26 | 23.40 | 640 | 20/01/24 | Derby Excel New Year Meet 2024 | Sheffield | EM240047 | 1 |
| 100 Freestyle | 54.03 | 52.50 | 652 | 10/06/23 | Arena Manchester Summer Open 2023 | Manchester | NW231332 | 3 |
| 200 Freestyle | 2:03.83 | 2:01.00 | 558 | 21/12/13 | City of Manchester Aquatics Snow'pen Meet | Manchester | NW3449 | 1 |
| 400 Freestyle | 4:36.27 | 4:31.10 | 505 | 18/03/12 | Lancashire County Championships | Manchester | CC2016 | 1 |
| 50 Breaststroke | 32.16 | 31.20 | 525 | 08/02/20 | Lancashire County Age Groups & County Champs | Manchester | NW200181 | 1 |
| 100 Breaststroke | 1:07.83 | 1:06.00 | 589 | 10/03/24 | City of Sheffield SS Premier Open Meet 2024 | Sheffield | NE240033 | 1 |
| 200 Breaststroke | 2:41.85 | 2:38.60 | 465 | 05/05/12 | North West Region Youth Champs | Manchester | NWR210 | 1 |
| 50 Butterfly | 28.80 | 28.10 | 462 | 18/01/14 | Co Leeds New Year Meet 2014 | Leeds | NE4019 | 3 |
| 100 Butterfly | 1:06.69 | 1:05.50 | 407 | 15/04/12 | Stockport Metro April Open Meet | Stockport | NW2320 | 1 |
| 50 Backstroke | 37.45 | 36.90 | 248 | 08/05/10 | Radford Annual Open Meet | Sheffield | EM0119 | 1 |
| 100 Backstroke | 1:23.66 | 1:22.70 | 234 | 20/04/08 | Radford SC Open Meet | Sheffield | EM8009 | 1 |
| 200 Backstroke | 2:53.64 | 2:51.70 | 267 | 04/10/09 | Co Leeds Junior Open Meet | Leeds | NE9299 | 1 |
| 200 Individual Medley | 2:20.82 | 2:18.00 | 530 | 08/12/13 | 2013 ASA NWR Regional Championships | Manchester | NWR308 | 1 |
| 400 Individual Medley | 5:58.91 | 5:54.00 | 308 | 19/04/08 | Radford SC Open Meet | Sheffield | EM8009 | 1 |

Short Course

| Stroke | SC Time | Converted to LC | SC WA Pts | Date | Meet | Venue | License | Level |
|-----------------------|----------|-----------------|-----------|----------|--|--------------|----------|-------|
| 50 Freestyle | 24.31 | 25.10 | 570 | 16/12/23 | Satellites Last Chance County Qualifier 2023 | Macclesfield | NW232587 | 3 |
| 100 Freestyle | 54.55 | 56.10 | 555 | 21/10/12 | Bolton & Manchester Championships 2012 | Manchester | NW2247 | 3 |
| 200 Freestyle | 2:02.53 | 2:05.30 | 533 | 23/06/13 | Preston Guild Summer Spectacular Meet | Darwen | NW3330 | 3 |
| 400 Freestyle | 4:22.95 | 4:28.20 | 525 | 28/01/12 | Bolton & Manchester District Age Group Meet | Manchester | NW2005 | 3 |
| 1500 Freestyle | 18:14.46 | 18:33.10 | 463 | 06/02/14 | Flixton Club Championships Distance Meet | Urmston | NW4319 | 4 |
| 50 Breaststroke | 31.55 | 32.50 | 494 | 18/12/22 | Trafford Borough Christmas Cracker Meet 2022 | Stretford | NW222375 | 3 |
| 100 Breaststroke | 1:09.87 | 1:11.60 | 495 | 29/09/13 | Greater Manchester Autumn Meet 2013 | Manchester | NW3657 | 3 |
| 200 Breaststroke | 2:32.52 | 2:35.90 | 488 | 15/01/12 | Bolton & Manchester Age Groups | Manchester | NW2004 | 3 |
| 50 Butterfly | 28.24 | 28.90 | 456 | 18/12/22 | Trafford Borough Christmas Cracker Meet 2022 | Stretford | NW222375 | 3 |
| 100 Butterfly | 1:02.69 | 1:03.90 | 442 | 23/06/13 | Preston Guild Summer Spectacular Meet | Darwen | NW3330 | 3 |
| 200 Butterfly | 2:26.24 | 2:28.40 | 390 | 16/11/13 | Stafford Apex Open Meet | Stafford | WM3712 | 2 |
| 50 Backstroke | 31.08 | 31.70 | 360 | 20/10/12 | Bolton & Manchester Championships 2012 | Manchester | NW2247 | 3 |
| 100 Backstroke | 1:06.33 | 1:07.50 | 386 | 16/11/13 | Stafford Apex Open Meet | Stafford | WM3712 | 2 |
| 200 Backstroke | 2:25.68 | 2:27.90 | 381 | 28/01/12 | Bolton & Manchester District Age Group Meet | Manchester | NW2005 | 3 |
| 200 Individual Medley | 2:13.87 | 2:16.80 | 549 | 19/10/13 | Greater Manchester Autumn Meet 2013 | Manchester | NW3215 | 3 |
| 400 Individual Medley | 5:01.30 | 5:07.10 | 473 | 11/01/14 | Greater Manchester Clubs Age Groups | Manchester | NW4001 | 3 |
| 100 Individual Medley | 1:03.59 | 1:03.60 | 465 | 17/12/17 | Trafford Borough Network Christmas Cracker | Sale | NW172583 | 3 |