

# Individual Best Times (All Time)

James Fowler - (371626) - Team Luton Swimming

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.19	26.40	454	31/01/16	Bedfordshire Age Group & County Champs	Luton	ER160101	1
100 Freestyle	58.92	57.50	503	31/01/16	Bedfordshire Age Group & County Champs	Luton	ER160101	1
200 Freestyle	2:06.31	2:03.50	526	04/05/14	ASA East Region Youth Championships	Luton	ERX406	1
400 Freestyle	4:21.37	4:16.00	596	22/03/15	Bedfordshire ASA County Championships	Luton	CC150190	1
1500 Freestyle	17:30.58	17:10.80	569	03/05/14	ASA East Region Youth Championships	Luton	ERX406	1
50 Backstroke	29.73	29.00	497	02/05/15	ASA East Region Summer Championships Weekend 1	Luton	ER150672	1
100 Backstroke	1:02.95	1:01.70	550	05/04/15	UEA City of Norwich Easter LC Meet 2015	Norwich	ER150080	1
200 Backstroke	2:14.81	2:12.30	572	03/05/15	ASA East Region Summer Championships Weekend 1	Luton	ER150672	1
200 Individual Medley	2:25.46	2:22.70	481	13/02/16	Bedfordshire Age Group & County Champs	Luton	ER160102	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.54	27.30	438	27/06/15	Team Luton Skills Challenge	Luton	ER151547	4
100 Freestyle	56.61	58.10	496	08/11/15	ASA East Region Winter Championships 2015	Luton	ER151653	2
200 Freestyle	2:01.09	2:03.90	552	28/11/15	Hatfield SC Winter Gala 2015	Hatfield	ER152040	3
400 Freestyle	4:17.03	4:22.40	563	25/01/15	Biggleswade 16th Open Meet	Biggleswade	ER150191	3
1500 Freestyle	17:09.56	17:29.40	556	24/10/15	Team Luton Autumn Short Course Meet	Luton	ER150601	3
50 Breaststroke	35.06	35.90	360	09/05/15	Team Luton Skills Challenge 2015	Luton	ER150920	4
100 Breaststroke	1:21.22	1:22.80	315	17/05/14	Team Luton SC Club Championships	Luton	ER4531	4
50 Butterfly	29.84	30.50	387	27/06/15	Team Luton Skills Challenge	Luton	ER151547	4
100 Butterfly	1:08.47	1:09.60	339	02/06/13	Team Luton SC Club Championships Round 2	Luton	ER3546	4
200 Butterfly	2:21.71	2:23.90	428	09/05/15	Team Luton Skills Challenge 2015	Luton	ER150920	4
50 Backstroke	28.66	29.30	459	07/12/14	ASA East Region Winter Championships	Luton	ERX432	2
100 Backstroke	1:00.69	1:02.00	505	24/10/15	Team Luton Autumn Short Course Meet	Luton	ER150601	3
200 Backstroke	2:10.76	2:13.30	527	07/12/14	ASA East Region Winter Championships	Luton	ERX432	2
200 Individual Medley	2:18.05	2:20.90	500	09/05/15	Team Luton Skills Challenge 2015	Luton	ER150920	4
100 Individual Medley	1:07.75	1:07.80	384	17/03/13	Bedfordshire County Championships	Luton	CC3024	2