

Individual Best Times (All Time)

James Rulton - (517889) - Halstead Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.28	26.50	450	23/11/13	Essex Winter Long Course Competition	Basildon	ER3696	1
100 Freestyle	59.27	57.80	494	23/11/13	Essex Winter Long Course Competition	Basildon	ER3696	1
100 Breaststroke	1:21.24	1:19.70	343	24/11/13	Essex Winter Long Course Competition	Basildon	ER3696	1
50 Butterfly	29.15	28.50	445	24/11/13	Essex Winter Long Course Competition	Basildon	ER3696	1
100 Butterfly	1:04.67	1:03.50	447	04/05/14	ASA East Region Youth Championships	Luton	ERX406	1
200 Individual Medley	2:31.27	2:28.60	428	23/11/13	Essex Winter Long Course Competition	Basildon	ER3696	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.08	26.90	461	07/09/13	Halstead SC Season Sprint Starter	Braintree	ER3670	3
100 Freestyle	56.52	58.00	499	05/10/13	Halstead SC Club Championships	Halstead	ER3649	4
200 Freestyle	2:07.77	2:10.50	470	15/12/13	Braintree & Bocking Christmas Cracker	Braintree	ER3811	3
400 Freestyle	4:33.98	4:39.10	464	11/10/13	Halstead SC Club Championships	Halstead	ER3649	4
1500 Freestyle	19:58.38	20:15.50	352	26/06/11	Colchester Phoenix Open Distance Meet	Colchester	ER1384	3
50 Breaststroke	34.91	35.80	365	14/04/13	Halstead 4th SC Open Meet	Braintree	ER3268	3
100 Breaststroke	1:14.73	1:16.40	404	14/04/13	Halstead 4th SC Open Meet	Braintree	ER3268	3
200 Breaststroke	2:47.51	2:50.60	369	16/12/12	Braintree & Bocking Christmas Cracker	Braintree	ER2354	3
50 Butterfly	28.52	29.20	443	23/09/16	Halstead Club Championships	Halstead	ER161634	4
100 Butterfly	1:01.62	1:02.80	466	15/03/14	Essex County Championships	Basildon	CC4040	2
200 Butterfly	2:29.44	2:31.50	365	30/09/16	Halstead Club Championships	Halstead	ER161634	4
50 Backstroke	31.31	31.90	352	04/10/14	Halstead Club Championships	Halstead	ER4967	4
100 Backstroke	1:09.46	1:10.60	336	28/09/12	Halstead ASC Club Championships	Halstead	ER2614	4
200 Backstroke	2:28.20	2:30.40	362	22/09/12	Halstead ASC Club Championships	Halstead	ER2614	4
200 Individual Medley	2:22.93	2:25.70	451	05/10/13	Halstead SC Club Championships	Halstead	ER3649	4
100 Individual Medley	1:04.90	1:04.90	437	07/09/13	Halstead SC Season Sprint Starter	Braintree	ER3670	3