

# Individual Best Times (All Time)

Holly James - (532131) - Mid Sussex Marlins

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.36	29.70	470	01/03/15	Sussex County Championships	Crawley	CC150378	1
100 Freestyle	1:05.78	1:04.50	485	28/02/15	Sussex County Championships	Crawley	CC150378	1
200 Freestyle	2:33.22	2:30.90	399	05/10/14	Lis Hartley Long Course Opportunity Meet	Crawley	SE4740	3
800 Freestyle	11:19.57	11:11.00	363	23/02/14	Sussex County Champs & Age Groups Comp	Crawley	CC4090	1
50 Butterfly	33.33	32.80	393	14/03/15	Sussex County Championships	Crawley	CC150379	1
50 Backstroke	33.54	32.90	513	31/05/15	ASASER Swimming Championships	Crawley	SE150986	1
100 Backstroke	1:13.65	1:12.60	471	14/03/15	Sussex County Championships	Crawley	CC150379	1
200 Backstroke	2:41.56	2:39.50	442	28/02/15	Sussex County Championships	Crawley	CC150378	1
200 Individual Medley	2:53.90	2:51.60	381	16/11/13	Crawley Not So Early Bird Meet	Crawley	SE3141	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.62	30.30	463	25/01/15	Cranleigh January Open Meet 2015	Cranleigh	SE150001	3
100 Freestyle	1:04.85	1:06.10	465	08/02/15	MSM Early Spring Licensed Time Trials	Burgess Hill	SE150336	4
200 Freestyle	2:26.20	2:28.60	429	01/03/14	Sussex County Champs & Age Group Comp	Crawley	CC4091	2
400 Freestyle	5:18.98	5:23.40	381	08/06/13	Mid Sussex Marlins 2013 200m 400m Club Champs	Burgess Hill	SE3666	4
50 Breaststroke	43.96	44.70	268	20/07/14	Mid Sussex Marlins Club Championships	Haywards Heath	SE4957	4
100 Breaststroke	1:36.98	1:38.30	265	23/11/13	Mid Sussex Marlins SC Winter Club Champs	Burgess Hill	SE3878	4
200 Breaststroke	3:19.53	3:22.20	306	08/06/13	Mid Sussex Marlins 2013 200m 400m Club Champs	Burgess Hill	SE3666	4
50 Butterfly	32.55	33.10	420	08/02/15	MSM Early Spring Licensed Time Trials	Burgess Hill	SE150336	4
100 Butterfly	1:24.34	1:25.20	263	20/07/14	Mid Sussex Marlins Club Championships	Haywards Heath	SE4957	4
50 Backstroke	32.64	33.20	462	06/12/14	ASA South East Region Championships	Portsmouth	SER428	2
100 Backstroke	1:10.15	1:11.30	479	30/11/14	Portsmouth Northsea Christmas Cracker	Portsmouth	SE14423	2
200 Backstroke	2:34.80	2:36.90	453	27/10/14	Sussex County Winter Meet	Horsham	SE14475	2
200 Individual Medley	2:40.54	2:43.00	437	11/01/15	Brighton Tom Handley Open Meet	Brighton	SE150032	2
400 Individual Medley	5:55.10	6:00.00	387	08/12/14	Mid Sussex Marlins Club Champs 400m events	Burgess Hill	SE14698	4
100 Individual Medley	1:16.50	1:16.50	403	21/09/14	Mid Sussex Marlins Club Championships	Haywards Heath	SE4960	4