

# Individual Best Times (All Time)

James Elmer - (541001) - Trowbridge ASC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	34.79	34.20	217	30/01/10	Team Bath Grand Prix	Bath	SW0135	1
100 Freestyle	1:01.81	1:00.40	435	17/11/13	Aquae Sulis Grand Prix	Bristol	SW3266	1
200 Freestyle	2:37.00	2:34.80	274	23/10/10	3 Towers Open Meet	Millfield	SW0586	3
400 Freestyle	5:45.89	5:41.80	257	24/10/10	3 Towers Open Meet	Millfield	SW0586	3
50 Breaststroke	36.06	35.20	372	16/11/13	Aquae Sulis Grand Prix	Bristol	SW3266	1
100 Breaststroke	1:22.66	1:21.10	325	16/11/13	Aquae Sulis Grand Prix	Bristol	SW3266	1
200 Breaststroke	3:01.39	2:58.50	331	16/06/12	British Gas South West Region AG Champs	Millfield	SWR206	1
50 Backstroke	37.97	37.40	238	04/12/10	Team Bath Aquae Sulis Meet	Bath	SW0643	1
100 Backstroke	1:14.10	1:13.00	337	01/06/13	ASA South West Region Age Groups 2013	Millfield	SWR322	1
200 Backstroke	3:01.23	2:59.40	235	19/06/10	BG South West Age Groups	Millfield	SWR006	1
200 Individual Medley	2:37.15	2:34.60	381	14/04/13	City of Bristol Level One Open Meet	Bristol	SW3227	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.23	28.00	405	07/07/13	ASA South West Region Events Age Groups	Gloucester	SW3207	3
100 Freestyle	59.84	1:01.20	420	27/10/13	Trowbridge ASC Club Championships 2013	Trowbridge	SW3882	4
200 Freestyle	2:20.21	2:22.70	355	05/11/11	Trowbridge ASC Club Championships	Trowbridge	SW1452	4
400 Freestyle	4:52.83	4:57.60	380	24/02/13	Wiltshire County Championships	Swindon	CC3067	2
50 Breaststroke	34.73	35.60	370	07/07/13	ASA South West Region Events Age Groups	Gloucester	SW3207	3
100 Breaststroke	1:19.73	1:21.30	333	24/02/13	Wiltshire County Championships	Swindon	CC3067	2
200 Breaststroke	2:56.52	2:59.50	315	18/03/12	Wiltshire County Championships	Swindon	CC2099	2
50 Butterfly	30.64	31.30	357	26/10/13	Trowbridge ASC Club Championships 2013	Trowbridge	SW3882	4
100 Butterfly	1:13.61	1:14.60	273	23/02/13	Wiltshire County Championships	Swindon	CC3067	2
50 Backstroke	32.57	33.20	312	27/10/13	Trowbridge ASC Club Championships 2013	Trowbridge	SW3882	4
100 Backstroke	1:10.23	1:11.40	325	23/02/13	Wiltshire County Championships	Swindon	CC3067	2
200 Backstroke	2:45.64	2:47.60	259	04/03/12	Wiltshire County Championships	Swindon	CC2098	2
200 Individual Medley	2:34.59	2:37.10	356	18/11/12	Trowbridge Club Championships	Trowbridge	SW2662	4
100 Individual Medley	1:08.36	1:08.40	374	27/10/13	Trowbridge ASC Club Championships 2013	Trowbridge	SW3882	4