

Individual Best Times (All Time)

James Hook - (708993) - Stocksbridge Pentaqua SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	25.32	24.50	563	13/03/16	City of Sheffield March Madness Meet	Sheffield	NE160333	3
100 Freestyle	56.95	55.50	557	14/05/16	City of Sheffield Swim Squad No Frills Meet	Sheffield	NE160209	1
200 Freestyle	2:08.69	2:06.00	497	11/04/15	Derventio Excel 9th Open Meet	Sheffield	EM150029	1
400 Freestyle	4:40.21	4:35.20	484	31/05/14	City of Sheffield No Frills Meet	Sheffield	NE4315	1
50 Breaststroke	33.31	32.40	472	21/04/18	Stocksbridge Spring Open	Sheffield	NE180244	3
100 Breaststroke	1:16.62	1:15.00	409	25/03/16	City of Sheffield Swim Squad Premier Meet	Sheffield	NE160210	1
200 Breaststroke	2:51.73	2:48.60	390	23/11/14	City of Sheffield Snow Frills Meet	Sheffield	NE4317	3
50 Butterfly	28.43	27.80	480	05/05/18	North East Region Championships	Sheffield	NE180150	1
100 Butterfly	1:08.03	1:06.90	384	10/01/15	City of Derby Fourteenth LC Level 1 Open Meet	Sheffield	EM150072	1
50 Backstroke	32.29	31.70	387	25/09/16	City of Sheffield Swim Squad 34th Annual Teaspoon	Sheffield	NE160268	3
100 Backstroke	1:11.03	1:09.90	383	11/05/14	Lincoln Vulcans Long Course L3 Open Meet	Sheffield	EM4356	3
200 Backstroke	2:44.66	2:42.60	314	25/02/12	Yorkshire County Championships	Leeds	CC2042	1
200 Individual Medley	2:26.56	2:23.80	470	29/11/15	City of Sheffield Snow Frills Meet	Sheffield	NE150210	3
400 Individual Medley	5:18.37	5:12.80	441	01/06/14	City of Sheffield No Frills Meet	Sheffield	NE4315	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	24.94	25.80	528	21/10/17	Yorkshire SA Winter Competition	Sheffield	NE171863	2
100 Freestyle	55.29	56.80	533	23/09/17	Rotherham Metro 'A' & 'B' Grade Short Course Meet	Sheffield	NE170735	3
200 Freestyle	2:07.43	2:10.10	474	07/12/14	ASANER BG Regional Senior & Youth Champs	Sunderland	NER429	2
400 Freestyle	4:44.95	4:49.80	413	17/11/12	Stockport Metro November Short Course Meet	Stockport	NW2599	2
50 Breaststroke	32.39	33.30	457	16/11/19	BUCS Short Course Swimming Championships 2019	Sheffield	NE193130	2
100 Breaststroke	1:13.94	1:15.60	417	11/10/15	Yorkshire Winter Competition	Sheffield	NE151548	2
200 Breaststroke	2:44.89	2:48.10	386	30/11/13	ASA North East Region Senior & Junior Meet	Sunderland	NER327	2
50 Butterfly	27.97	28.60	470	14/07/18	Rotherham Metro A & B Grade SC	Sheffield	NE180245	3
100 Butterfly	1:06.47	1:07.60	371	15/07/18	Rotherham Metro A & B Grade SC	Sheffield	NE180245	3
200 Butterfly	2:54.43	2:56.20	229	17/07/11	Rotherham Metro A & B Grade Meet	Sheffield	NE1082	3
50 Backstroke	32.10	32.70	326	14/07/18	Rotherham Metro A & B Grade SC	Sheffield	NE180245	3
100 Backstroke	1:08.79	1:09.90	346	11/10/14	Yorkshire Winter Championships	Sheffield	NE14602	2
200 Backstroke	2:50.30	2:52.20	238	16/07/11	Rotherham Metro A & B Grade Meet	Sheffield	NE1082	3
200 Individual Medley	2:21.80	2:24.60	462	12/10/14	Yorkshire Winter Championships	Sheffield	NE14602	2
400 Individual Medley	5:35.05	5:40.30	344	04/12/11	BG North East Region Championships	Sunderland	NER124	2
100 Individual Medley	1:05.04	1:05.00	434	17/04/16	Borough of Kirklees April Short Course Open Meet	Huddersfield	NE160599	3