

Individual Best Times (All Time)

James Goodwin - (900780) - Perry Beeches Triple SSC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	25.98	25.20	521	26/01/19	Chester le Street ASC and Derwentside Burns Meet	Sheffield	NE190005	1
100 Freestyle	55.70	54.20	595	25/05/19	City of Cardiff International Open Meet	Cardiff	WL190057	1
200 Freestyle	1:59.06	1:56.10	628	24/05/19	City of Cardiff International Open Meet	Cardiff	WL190057	1
400 Freestyle	4:14.98	4:09.40	642	27/01/19	Chester le Street ASC and Derwentside Burns Meet	Sheffield	NE190005	1
1500 Freestyle	18:26.04	18:07.20	488	13/05/16	Northampton 2016 Long Course Spring Festival	Corby	EM160459	1
50 Breaststroke	37.87	37.00	321	29/01/17	Warwickshire Swimming Championships	Coventry	WM170010	1
100 Breaststroke	1:22.31	1:20.80	330	29/01/17	Warwickshire Swimming Championships	Coventry	WM170010	1
50 Butterfly	27.60	26.90	525	27/01/19	Chester le Street ASC and Derwentside Burns Meet	Sheffield	NE190005	1
100 Butterfly	1:00.23	59.00	553	26/01/19	Chester le Street ASC and Derwentside Burns Meet	Sheffield	NE190005	1
200 Butterfly	2:09.62	2:07.20	616	27/01/19	Chester le Street ASC and Derwentside Burns Meet	Sheffield	NE190005	1
50 Backstroke	31.91	31.30	401	14/05/17	Northampton 2017 Long Course Spring Festival	Corby	EM170338	1
100 Backstroke	1:14.03	1:12.90	338	23/01/16	Rotherham Metro A&B Grade LC Meet	Sheffield	NE160160	3
200 Backstroke	2:33.46	2:31.30	387	12/02/17	Warwickshire Swimming Championships	Coventry	WM170011	1
200 Individual Medley	2:21.69	2:18.90	520	26/01/19	Chester le Street ASC and Derwentside Burns Meet	Sheffield	NE190005	1
400 Individual Medley	5:08.75	5:03.00	484	11/02/17	Warwickshire Swimming Championships	Coventry	WM170011	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.89	27.70	421	18/11/17	The Boldmere Open Meet 2017	Stetchford	WM172013	3
100 Freestyle	55.15	56.60	537	17/11/18	Stockport Metro November Short Course Open Meet	Stockport	NW182014	2
200 Freestyle	1:55.99	1:58.90	628	18/11/18	Stockport Metro November Short Course Open Meet	Stockport	NW182014	2
400 Freestyle	4:13.29	4:18.80	588	17/11/18	Stockport Metro November Short Course Open Meet	Stockport	NW182014	2
800 Freestyle	10:19.10	10:28.40	367	30/01/15	Boldmere Distance Time Trials	Stechford	WM150520	4
1500 Freestyle	19:32.49	19:50.00	376	03/04/15	City of Birmingham 22nd Open Meet	Stechford	WM150467	2
50 Breaststroke	42.15	42.90	207	17/10/15	Boldmere SC Open Meet 2015	Boldmere	WM151336	3
100 Breaststroke	1:17.65	1:19.30	360	19/11/17	The Boldmere Open Meet 2017	Stetchford	WM172013	3
200 Breaststroke	2:56.54	2:59.50	315	20/11/16	The Boldmere Open Meet	Boldmere	WM161930	3
50 Butterfly	27.75	28.40	481	18/11/18	Stockport Metro November Short Course Open Meet	Stockport	NW182014	2
100 Butterfly	1:00.57	1:01.80	490	20/10/18	Millfield School & Street SC TYR	Millfield School	SW181181	2
200 Butterfly	2:09.96	2:12.40	555	17/11/18	Stockport Metro November Short Course Open Meet	Stockport	NW182014	2
50 Backstroke	30.63	31.30	376	19/11/17	The Boldmere Open Meet 2017	Stetchford	WM172013	3
100 Backstroke	1:06.21	1:07.40	388	19/11/17	The Boldmere Open Meet 2017	Stetchford	WM172013	3
200 Backstroke	2:31.06	2:33.30	341	19/11/16	The Boldmere Open Meet	Boldmere	WM161930	3
200 Individual Medley	2:16.51	2:19.40	517	17/11/18	Stockport Metro November Short Course Open Meet	Stockport	NW182014	2
400 Individual Medley	5:08.79	5:14.40	439	18/11/16	The Boldmere Open Meet	Boldmere	WM161930	3
100 Individual Medley	1:05.84	1:05.80	419	23/09/17	Boldmere Club Championships	Stechford Cascades	WM171880	4