

Individual Best Times (All Time)

James Cox - (908835) - City of Bristol SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	26.73	25.90	478	19/01/20	Gloucester County Championships	Hengrove, Bristol	SW200241	1
100 Freestyle	59.34	57.90	492	11/03/18	UBSC National Qualifier Level 1 Open Meet	Hengrove	SW180292	1
200 Freestyle	2:23.96	2:21.50	355	22/05/16	ASA SWR Summer Championships	Millfield	SW160537	1
400 Freestyle	5:24.57	5:20.20	311	01/11/15	City of Bristol SC Level 3 Open Meet	Hengrove	SW151421	3
1500 Freestyle	20:37.56	20:20.80	348	24/01/16	Gloucester County ASA Championships	Bristol	SW160214	1
50 Breaststroke	36.20	35.30	368	13/05/17	ASA SWR Summer Championships	Bristol	SW170195	1
100 Breaststroke	1:20.24	1:18.70	356	12/03/17	United Bristol Qual Level 1 Open Meet	Bristol	SW170483	1
200 Breaststroke	3:07.43	3:04.60	300	22/05/16	ASA SWR Summer Championships	Millfield	SW160537	1
50 Butterfly	27.41	26.70	536	06/05/19	ASA SWR Summer Championships	Plymouth	SW190488	1
100 Butterfly	1:00.83	59.60	537	01/08/18	Swim England National Summer Meet	Sheffield	ENG009	1
200 Butterfly	3:11.08	3:09.40	192	16/05/15	ASASWR Summer Championships	Millfield	SW150231	1
50 Backstroke	34.03	33.40	331	20/01/19	Gloucester County ASA Championships	Hengrove Pool	SW190227	1
100 Backstroke	1:25.30	1:24.40	221	16/05/15	ASASWR Summer Championships	Millfield	SW150231	1
200 Individual Medley	2:32.55	2:29.90	417	12/03/17	United Bristol Qual Level 1 Open Meet	Bristol	SW170483	1
400 Individual Medley	5:56.00	5:51.00	316	15/05/16	ASA SWR Summer Championships	Bristol	SW160536	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.10	26.90	460	03/11/18	ASA SWR Winter Championships	Millfield	SW180511	2
100 Freestyle	56.48	57.90	500	22/01/19	Gloucester County ASA Championships	Gloucester	SW190228	2
200 Freestyle	2:13.60	2:16.20	411	18/12/16	City of Bristol Christmas Cracker	Bristol	SW162171	3
400 Freestyle	4:47.55	4:52.40	402	19/11/16	Aquae Sulis Autumn Level 2 Meet	Bristol	SW162363	2
1500 Freestyle	18:44.79	19:03.00	426	18/11/16	Aquae Sulis Autumn Level 2 Meet	Bristol	SW162363	2
50 Breaststroke	34.71	35.60	371	23/01/18	Gloucester County Championships	Gloucester	SW180285	2
100 Breaststroke	1:13.63	1:15.30	423	21/01/19	Gloucester County ASA Championships	Gloucester	SW190228	2
200 Breaststroke	2:48.76	2:51.90	360	28/10/17	City of Bristol L3 Short Course Early Bird Meet	Bristol	SW171926	3
50 Butterfly	27.37	28.10	501	15/12/18	City of Bristol Christmas Cracker Meet	Hengrove Park	SW182681	2
100 Butterfly	59.80	1:01.10	510	16/12/18	City of Bristol Christmas Cracker Meet	Hengrove Park	SW182681	2
200 Butterfly	2:24.99	2:27.20	400	24/01/19	Gloucester County ASA Championships	Gloucester	SW190229	2
50 Backstroke	28.64	29.30	460	07/10/18	Swim England National County Team Div 2 Champs	Sheffield	ENG011	2
100 Backstroke	1:10.39	1:11.50	323	23/01/18	Gloucester County Championships	Gloucester	SW180285	2
200 Backstroke	2:36.75	2:38.90	306	11/02/17	Gloucester County Championships	Gloucester	SW170229	2
200 Individual Medley	2:29.55	2:32.20	393	17/12/17	City of Bristol Christmas Cracker Meet	Hengrove Park LC	SW172459	2
400 Individual Medley	5:21.50	5:26.90	389	18/12/16	City of Bristol Christmas Cracker	Bristol	SW162171	3
100 Individual Medley	1:05.35	1:05.30	428	24/01/19	Gloucester County ASA Championships	Gloucester	SW190229	2