

Individual Best Times (All Time)

James Dakin - (914802) - Leeds University Aquatics SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	24.65	23.80	610	22/06/24	City of Sheffield Team Steel Meet 2024	Sheffield	NE240091	1
100 Freestyle	53.70	52.10	664	22/06/24	City of Sheffield Team Steel Meet 2024	Sheffield	NE240091	1
200 Freestyle	1:58.47	1:55.50	638	23/06/24	City of Sheffield Team Steel Meet 2024	Sheffield	NE240091	1
400 Freestyle	4:28.97	4:23.70	547	01/05/22	SE London Summer Championships 2022	Stratford	LR220486	1
800 Freestyle	9:26.62	9:16.30	508	29/02/20	Surrey Age Group Championships 2020	London	LR200261	1
1500 Freestyle	17:27.76	17:07.90	574	08/08/22	Swim England National Summer Meet 2022	Sheffield	ENG024	1
50 Breaststroke	33.81	32.90	452	02/05/22	SE London Summer Championships 2022	Stratford	LR220486	1
100 Breaststroke	1:18.97	1:17.40	373	26/01/20	Surrey Age Group Championships 2020	Surrey	LR200259	1
200 Breaststroke	2:51.23	2:48.10	393	05/02/22	Surrey County Age Group Championships 2022	Guildford	LR220176	1
50 Butterfly	27.39	26.70	537	30/04/22	SE London Summer Championships 2022	Stratford	LR220486	1
100 Butterfly	59.73	58.40	567	04/05/24	SE North East Regional Open/Youth Championships	Sunderland	NE240253	1
200 Butterfly	2:32.76	2:30.70	376	25/01/20	Surrey Age Group Championships 2020	Surrey	LR200259	1
50 Backstroke	34.08	33.50	329	23/02/19	Surrey Age Group Championships 2019	London	LR190271	1
100 Backstroke	1:23.85	1:22.90	233	22/04/17	Wycombe District Long Course Sprint Meet	Wycombe	SE170721	3
200 Individual Medley	2:17.34	2:14.40	571	23/06/24	City of Sheffield Team Steel Meet 2024	Sheffield	NE240091	1
400 Individual Medley	5:04.87	4:59.10	503	01/05/22	SE London Summer Championships 2022	Stratford	LR220486	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	24.32	25.20	569	18/11/23	BUCS Short Course Swimming Championships 2023	Sheffield	NE232392	2
100 Freestyle	53.30	54.80	595	05/11/22	SE London Winter Championships 2022	Lewisham	LR221681	2
200 Freestyle	1:57.04	2:00.00	612	06/11/22	SE London Winter Championships 2022	Lewisham	LR221681	2
400 Freestyle	4:18.26	4:23.60	555	05/11/22	SE London Winter Championships 2022	Lewisham	LR221681	2
800 Freestyle	9:26.98	9:37.10	478	23/11/19	Leander Club Championships	London	LR193234	4
1500 Freestyle	17:49.45	18:08.60	496	07/11/21	SE London Winter Championships 2021	London	LR211006	2
50 Breaststroke	31.63	32.60	490	27/11/22	Wycombe DSC Open L3 Meet 2022	High Wycombe	SE222004	3
100 Breaststroke	1:12.69	1:14.40	439	12/11/22	National Arena Swimming League-London Rounds 2022	Aqua Vale, Aylesbury	ER221809	3
200 Breaststroke	2:41.84	2:45.10	409	04/12/21	Guildford City SC County Qualifier	Spectrum LC	SE210874	3
50 Butterfly	26.46	27.20	555	19/11/23	BUCS Short Course Swimming Championships 2023	Sheffield	NE232392	2
100 Butterfly	59.68	1:00.90	513	06/11/22	SE London Winter Championships 2022	Lewisham	LR221681	2
200 Butterfly	2:32.99	2:35.00	340	21/07/19	Fareham Nomads Summer Meet 2019	Waterlooville	SE190111	3
50 Backstroke	30.06	30.70	397	27/11/22	Wycombe DSC Open L3 Meet 2022	High Wycombe	SE222004	3
100 Backstroke	1:06.75	1:07.90	379	08/10/22	National Arena Swimming League-London Rounds 2022	Aylesbury	ER221808	3
200 Backstroke	2:26.01	2:28.30	378	04/12/21	Guildford City SC County Qualifier	Spectrum LC	SE210874	3
200 Individual Medley	2:16.54	2:19.40	517	27/11/22	Wycombe DSC Open L3 Meet 2022	High Wycombe	SE222004	3
400 Individual Medley	5:01.03	5:06.80	474	05/11/22	SE London Winter Championships 2022	Lewisham	LR221681	2
100 Individual Medley	1:08.88	1:08.90	366	31/10/20	Leander	Ernest Bevin	LEX958	0