

Individual Best Times (All Time)

James Basford - (1169601) - Spenborough SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
100 Freestyle	1:09.88	1:08.70	301	08/01/22	City of Leeds SC New Year Meet 2022	John Charles	NE220053	3
50 Backstroke	37.72	37.20	243	08/01/22	City of Leeds SC New Year Meet 2022	John Charles	NE220053	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.44	29.20	356	13/11/22	Spenborough SC Bonfire Bash 2022	John Charles	NE221056	3
100 Freestyle	1:10.52	1:11.70	257	18/09/21	Rotherham Metro 'A' and 'B' Grade SC Graded Meet	Sheffield	NE210308	3
50 Breaststroke	38.00	38.80	283	13/11/22	Spenborough SC Bonfire Bash 2022	John Charles	NE221056	3
100 Breaststroke	1:34.07	1:35.40	202	31/10/21	Halifax SC Halloween Gala	Huddersfield	NE211279	4
200 Breaststroke	3:42.71	3:45.10	157	11/07/19	Halifax Club Galas & Time Trials	Halifax	NE190558	4
50 Butterfly	32.06	32.60	312	13/11/22	Spenborough SC Bonfire Bash 2022	John Charles	NE221056	3
50 Backstroke	35.37	35.90	244	13/11/22	Spenborough SC Bonfire Bash 2022	John Charles	NE221056	3
100 Backstroke	1:40.85	1:41.60	110	04/04/19	Halifax Club Galas & Time Trials	Halifax	NE190556	4
100 Individual Medley	1:13.71	1:13.70	298	13/11/22	Spenborough SC Bonfire Bash 2022	John Charles	NE221056	3