

Individual Best Times (All Time)

Jamie Bainbridge - (1174793) - Elmbridge Phoenix SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	38.13	37.60	164	26/11/16	Rushmoor Royals SC Last Chance County Qualifier	Aldershot	SE161449	3
50 Breaststroke	54.83	54.20	106	09/04/16	Crawley Spring Open Meet 2016	Crawley	SE160037	3
100 Breaststroke	2:02.66	2:01.60	99	10/04/16	Crawley Spring Open Meet 2016	Crawley	SE160037	3
50 Butterfly	35.46	34.90	247	17/02/18	Surrey Age Group Championships 2018	Surrey	LR180304	1
100 Butterfly	1:23.18	1:22.30	210	25/02/18	Surrey Age Group Championships 2018	Surrey	LR180305	1
200 Butterfly	3:11.78	3:10.10	190	11/02/18	Surrey Age Group Championships 2018	Surrey	LR180303	1
50 Backstroke	40.94	40.40	190	23/02/19	Surrey Age Group Championships 2019	London	LR190271	1
100 Backstroke	1:43.07	1:42.30	125	09/04/16	Crawley Spring Open Meet 2016	Crawley	SE160037	3
200 Backstroke	3:45.09	3:43.60	122	09/04/16	Crawley Spring Open Meet 2016	Crawley	SE160037	3
200 Individual Medley	3:41.62	3:39.80	136	10/04/16	Crawley Spring Open Meet 2016	Crawley	SE160037	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.48	29.20	354	20/11/21	Kingston Royals The Royals Autumn Open Meet 2021	Walton-onThames	LR210720	3
100 Freestyle	1:04.01	1:05.30	343	21/11/21	Kingston Royals The Royals Autumn Open Meet 2021	Walton-onThames	LR210720	3
200 Freestyle	2:28.79	2:31.10	297	06/06/21	Elmbridge Phoenix	Xcel	LEX1611	0
400 Freestyle	5:35.73	5:39.90	252	20/10/18	Invitational Surrey Network Junior Meet	Spectrum LC	SE180851	4
1500 Freestyle	22:53.58	23:08.60	234	02/06/18	Kingston Royals & Elmbridge Phoenix Inter Club	Guildford	LR181453	4
50 Breaststroke	39.06	39.90	260	21/11/21	Kingston Royals The Royals Autumn Open Meet 2021	Walton-onThames	LR210720	3
100 Breaststroke	1:33.07	1:34.40	209	05/10/19	Elmbridge Phoenix Club Championships	Cobham	SE192723	4
200 Breaststroke	3:26.87	3:29.40	195	23/05/21	Elmbridge Phoenix	Xcel Leisure Complex	LEX1315	0
50 Butterfly	31.17	31.80	339	24/04/22	Haslemere SC Mark Menzies Meet 2022	Haslemere	SE220450	3
100 Butterfly	1:12.87	1:13.90	281	24/04/22	Haslemere SC Mark Menzies Meet 2022	Haslemere	SE220450	3
200 Butterfly	3:10.81	3:12.50	175	15/10/17	Cranleigh ASC Autumn Open Meet	Cranleigh	SE172010	3
50 Backstroke	34.43	35.00	264	19/11/22	The Royals Autumn Open Meet 2022	Walton-on-Thames	LR221183	3
100 Backstroke	1:19.19	1:20.20	227	16/05/21	Elmbridge Phoenix	Xcel Leisure Complex	LEX1168	0
200 Backstroke	3:13.45	3:15.20	162	12/11/17	Elmbridge Phoenix Club Championships 2017	Cobham	SE172403	4
200 Individual Medley	2:42.55	2:45.00	306	13/06/21	Elmbridge Phoenix	Xcel	LEX1742	0
400 Individual Medley	6:27.97	6:32.50	221	26/10/18	Kingston & Elmbridge 400m IM Club Champs 2018	ELMBRIDGE	LR181700	4
100 Individual Medley	1:18.27	1:18.30	249	06/06/21	Elmbridge Phoenix	Xcel	LEX1611	0