

Individual Best Times (Last 12 Months)

James Telfer - (1369131) - Marple SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	26.71	25.90	479	09/03/24	City of Sheffield SS Premier Open Meet 2024	Sheffield	NE240033	1
100 Freestyle	1:00.42	59.00	466	09/12/23	Bo Barnsley 27th Annual Christmas Sprints 2023	Sheffield	NE231977	3
200 Freestyle	2:06.94	2:04.20	518	21/04/24	SENW Regional Summer Championships 2024	Manchester	NW240304	1
400 Freestyle	4:31.68	4:26.50	531	12/05/24	ARENA Manchester Open Meet 2024	Manchester	NW240840	1
50 Breaststroke	34.50	33.60	425	09/03/24	City of Sheffield SS Premier Open Meet 2024	Sheffield	NE240033	1
100 Breaststroke	1:25.26	1:23.80	296	21/04/24	SENW Regional Summer Championships 2024	Manchester	NW240304	1
50 Butterfly	30.26	29.60	398	09/12/23	Bo Barnsley 27th Annual Christmas Sprints 2023	Sheffield	NE231977	3
100 Butterfly	1:09.85	1:08.80	354	09/12/23	Bo Barnsley 27th Annual Christmas Sprints 2023	Sheffield	NE231977	3
50 Backstroke	32.43	31.80	382	10/03/24	City of Sheffield SS Premier Open Meet 2024	Sheffield	NE240033	1
100 Backstroke	1:11.60	1:10.50	374	09/12/23	Bo Barnsley 27th Annual Christmas Sprints 2023	Sheffield	NE231977	3
200 Individual Medley	2:27.83	2:25.10	458	21/04/24	SENW Regional Summer Championships 2024	Manchester	NW240304	1
400 Individual Medley	5:14.59	5:09.00	458	20/04/24	SENW Regional Summer Championships 2024	Manchester	NW240304	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.25	27.00	452	16/12/23	Arena Manchester Snowpen 2023	Manchester	NW232517	3
100 Freestyle	57.71	59.10	469	21/01/24	Cheshire County Championships 2024	Macclesfield	NW240307	2
200 Freestyle	2:07.89	2:10.60	469	28/01/24	Cheshire County Championships 2024	Macclesfield	NW240308	2
400 Freestyle	4:27.12	4:32.30	501	16/12/23	Arena Manchester Snowpen 2023	Manchester	NW232517	3
800 Freestyle	10:00.48	10:10.00	402	27/09/23	Stockport Metro Cub Champs 2023	Stockport	NW231873	4
50 Breaststroke	33.43	34.40	415	16/12/23	Arena Manchester Snowpen 2023	Manchester	NW232517	3
100 Breaststroke	1:16.24	1:17.90	381	17/12/23	Arena Manchester Snowpen 2023	Manchester	NW232517	3
200 Breaststroke	2:54.41	2:57.40	327	28/10/23	Co Salford Potential Olympian Halloween Meet 2023	Broughton	NW231631	3
50 Butterfly	29.93	30.60	383	17/12/23	Arena Manchester Snowpen 2023	Manchester	NW232517	3
100 Butterfly	1:07.35	1:08.50	357	28/01/24	Cheshire County Championships 2024	Macclesfield	NW240308	2
200 Butterfly	2:30.87	2:32.90	355	17/12/23	Arena Manchester Snowpen 2023	Manchester	NW232517	3
50 Backstroke	31.88	32.50	333	17/12/23	Arena Manchester Snowpen 2023	Manchester	NW232517	3
100 Backstroke	1:09.93	1:11.10	330	09/07/23	Borough of Barnsley SC 14th Annual Summer Sizzler	Leeds	NE230839	3
200 Backstroke	2:30.12	2:32.30	348	15/07/23	Satellites of Macclesfield Summer Open Meet 2023	Macclesfield	NW230959	3
200 Individual Medley	2:24.25	2:27.00	438	16/12/23	Arena Manchester Snowpen 2023	Manchester	NW232517	3
400 Individual Medley	5:08.78	5:14.40	439	17/12/23	Arena Manchester Snowpen 2023	Manchester	NW232517	3
100 Individual Medley	1:06.73	1:06.70	402	21/01/24	Cheshire County Championships 2024	Macclesfield	NW240307	2