

Individual Best Times (All Time)

Rachel Parker - (1122727) - Melton Mowbray SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
100 Freestyle	1:26.07	1:25.10	216	01/03/14	Leicestershire County Age Groups & Champs	Corby	CC4071	1
200 Freestyle	2:39.91	2:37.70	351	31/01/16	The Leicestershire County Age Groups & Champs	Loughborough	EM160198	1
400 Freestyle	5:40.60	5:36.40	330	08/03/15	Leicestershire County Age Groups & Championships	Loughborough	CC150152	1
50 Backstroke	48.10	47.70	174	02/03/14	Leicestershire County Age Groups & Champs	Corby	CC4071	1
200 Individual Medley	2:59.10	2:56.90	349	31/01/16	The Leicestershire County Age Groups & Champs	Loughborough	EM160198	1
400 Individual Medley	6:41.37	6:37.00	290	07/03/15	Leicestershire County Age Groups & Championships	Loughborough	CC150152	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.65	32.30	380	05/02/17	Leicestershire County Championships	Braunstone	EM170276	2
100 Freestyle	1:09.25	1:10.40	382	16/09/17	Melton Mowbray Annuals Part 2	Melton Mowbray	EM171567	4
200 Freestyle	2:24.42	2:26.80	445	24/06/17	Melton Mowbray 2017 Annual Championships	Melton Mowbray	EM170695	4
400 Freestyle	5:03.59	5:08.20	442	14/01/17	Leicestershire County Championships	Hinckley	EM170273	2
800 Freestyle	10:20.17	10:29.40	456	11/03/17	Sprint Championships & Long Distance Championships	Melton Mowbray	EM170699	4
1500 Freestyle	20:18.93	20:35.80	413	19/01/20	2020 LASA County Age Group & Championships	Braunstone	EM200329	2
50 Breaststroke	41.87	42.60	311	25/02/17	Sprint Championships & Long Distance Championships	Melton Mowbray	EM170698	4
100 Breaststroke	1:31.39	1:32.80	317	09/09/17	Melton Mowbray Annuals Part 1	Melton Mowbray	EM171566	4
200 Breaststroke	3:07.43	3:10.20	370	02/09/17	Melton Mowbray 200m Champs Part 2	Melton Mowbray	EM171565	4
50 Butterfly	35.08	35.60	335	20/01/18	Leicestershire County Age Groups & Championships	Hinckley	EM180329	2
100 Butterfly	1:23.36	1:24.30	272	16/09/17	Melton Mowbray Annuals Part 2	Melton Mowbray	EM171567	4
200 Butterfly	3:14.43	3:16.10	232	24/06/17	Melton Mowbray 2017 Annual Championships	Melton Mowbray	EM170695	4
50 Backstroke	36.22	36.80	338	04/02/17	Leicestershire County Championships	Braunstone	EM170276	2
100 Backstroke	1:14.91	1:16.00	393	04/02/18	Leicestershire County Age Groups & Championships	Braunstone	EM180330	2
200 Backstroke	2:36.22	2:38.30	441	05/03/17	Worksop Dolphins 9th Spring Open Meet	Worksop	EM170503	3
200 Individual Medley	2:42.51	2:44.90	421	14/01/17	Leicestershire County Championships	Hinckley	EM170273	2
400 Individual Medley	5:45.64	5:50.70	420	20/05/17	Sprint Championships & Long Distance Championships	Melton Mowbray	EM170700	4
100 Individual Medley	1:17.62	1:17.60	385	04/02/17	Leicestershire County Championships	Braunstone	EM170276	2