

Individual Best Times (All Time)

Roman Parham - (1382745) - City of Brighton and Hove

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.60	27.90	390	23/02/20	Sussex County ASA Champs and Age Group Comp	Crawley	SE200450	1
100 Freestyle	1:09.70	1:08.50	303	28/09/19	Lis Hartley Long Course Open Meet	K2 LC	SE190314	3
200 Freestyle	2:53.97	2:52.00	201	17/06/18	Crawley Summer Splash Long Course Meet	Crawley	SE180014	3
50 Breaststroke	44.98	44.30	192	29/09/18	Lis Hartley Long Course Open Meet	Crawley	SE180015	3
100 Breaststroke	1:37.28	1:36.00	199	30/09/18	Lis Hartley Long Course Open Meet	Crawley	SE180015	3
200 Breaststroke	3:50.71	3:48.40	160	01/10/17	Lis Hartley Long Course Open Meet	Crawley	SE170538	3
50 Butterfly	26.71	26.00	579	12/02/22	Sussex County ASA County Championships	Crawley	SE220129	1
100 Butterfly	59.44	58.20	575	10/02/24	Sussex County ASA County Championships	Crawley	SE240243	1
200 Butterfly	2:14.24	2:11.90	555	29/04/23	SE South East Region Summer Championships 2023	Wycombe	SE230799	1
50 Backstroke	29.35	28.70	516	02/05/22	Swim England South East Summer Championships	Wycombe	SE220755	1
100 Backstroke	1:02.74	1:01.40	556	12/02/23	Sussex County & Age Group Championships 2023	Crawley	SE230304	1
200 Backstroke	2:19.85	2:17.40	512	24/02/24	Sussex County ASA County Championships	Crawley	SE240244	1
200 Individual Medley	2:41.20	2:38.70	353	09/02/20	Sussex County ASA Champs and Age Group Comp	Crawley	SE200449	1
400 Individual Medley	5:35.27	5:30.00	378	08/02/20	Sussex County ASA Champs and Age Group Comp	Crawley	SE200449	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.27	27.10	451	17/10/21	Sussex County ASA Winter Competition	Crawley	SE211129	2
100 Freestyle	56.37	57.80	503	10/09/23	Brighton SC Club Championships 2023	Prince Regent	SE231925	4
200 Freestyle	2:08.20	2:10.90	465	25/09/22	Brighton SC Club Championships	Prince Regent	SE221625	4
400 Freestyle	5:36.81	5:41.00	250	04/10/19	Brighton Club Championships	Roedean School	SE191676	4
800 Freestyle	10:51.84	11:00.70	314	03/12/19	Brighton Club Championships	Roedean School	SE191679	4
1500 Freestyle	21:21.52	21:37.50	288	10/12/19	Brighton Club Championships	Roedean School	SE191681	4
50 Breaststroke	40.15	40.90	239	14/09/19	Brighton SC Ken Deeley	Brighton	SE191668	3
100 Breaststroke	1:16.86	1:18.50	372	30/09/22	Brighton SC Club Championships	Prince Regent	SE221626	4
200 Breaststroke	2:52.69	2:55.70	336	02/10/21	Brighton SC Club Championships 2021	Prince Regent	SE210664	4
50 Butterfly	26.17	26.90	574	17/09/22	Brighton SC Ken Deeley Open Meet	Prince Regent	SE220979	3
100 Butterfly	58.00	59.30	559	11/11/23	National Arena Swimming League South R2 2023	Brighton	SE232454	3
200 Butterfly	2:08.01	2:10.40	581	15/10/22	Sussex County ASA Winter Competition	Crawley	SE221628	2
50 Backstroke	28.09	28.80	487	02/10/21	Brighton SC Club Championships 2021	Prince Regent	SE210664	4
100 Backstroke	1:00.55	1:01.90	508	21/10/23	Sussex County ASA Winter AG Competition 2023	Crawley	SE231993	2
200 Backstroke	2:13.28	2:15.80	497	15/10/22	Sussex County ASA Winter Competition	Crawley	SE221628	2
200 Individual Medley	2:14.48	2:17.40	541	11/11/23	National Arena Swimming League South R2 2023	Brighton	SE232454	3
400 Individual Medley	5:42.78	5:47.90	321	12/11/19	Brighton Club Championships	Roedean School	SE191677	4
100 Individual Medley	1:03.10	1:03.10	476	24/09/23	Brighton SC Club Championships 2023	Prince Regent	SE231927	4