

Individual Best Times (All Time)

Jacob Parker - (1510041) - Southwark Aquatics SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	32.19	31.50	274	22/10/23	Borough of Waltham Forest Gators Level 3 Gala 2023	London	LR231412	3
100 Freestyle	1:11.37	1:10.20	283	22/10/23	Borough of Waltham Forest Gators Level 3 Gala 2023	London	LR231412	3
200 Freestyle	2:34.44	2:32.20	288	22/10/23	Borough of Waltham Forest Gators Level 3 Gala 2023	London	LR231412	3
100 Breaststroke	1:44.84	1:43.60	159	22/10/23	Borough of Waltham Forest Gators Level 3 Gala 2023	London	LR231412	3
50 Butterfly	35.67	35.10	243	22/10/23	Borough of Waltham Forest Gators Level 3 Gala 2023	London	LR231412	3
100 Butterfly	1:21.37	1:20.40	224	22/10/23	Borough of Waltham Forest Gators Level 3 Gala 2023	London	LR231412	3
200 Butterfly	3:04.97	3:03.30	212	03/02/24	Surrey Age Group Championships 2024	Guildford	SE240477	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.17	30.90	298	23/03/24	Saxon Crown Spring Challenge Meet 2024	Lewisham	LR240214	3
100 Freestyle	1:06.42	1:07.70	307	23/03/24	Saxon Crown Spring Challenge Meet 2024	Lewisham	LR240214	3
200 Freestyle	2:23.03	2:25.40	335	23/03/24	Saxon Crown Spring Challenge Meet 2024	Lewisham	LR240214	3
400 Freestyle	5:00.51	5:05.10	352	24/03/24	Saxon Crown Spring Challenge Meet 2024	Lewisham	LR240214	3
800 Freestyle	10:37.84	10:46.80	335	18/09/23	Saxon Crown Club Championships 2023	Lewisham	LR231351	4
1500 Freestyle	20:40.37	20:56.90	318	19/06/23	Saxon Crown Club Championships 2023	Lewisham	LR231349	4
50 Breaststroke	44.21	44.90	179	16/12/23	Romford Town SC Christmas Cracker Meet 2023	Harrow Lodge LC	LR231413	3
100 Breaststroke	1:36.49	1:37.80	188	16/12/23	Romford Town SC Christmas Cracker Meet 2023	Harrow Lodge LC	LR231413	3
200 Breaststroke	3:33.56	3:36.00	178	07/10/23	Saxon Crown (Lewisham) SC Autumn Showdown 2023	Lewisham	LR231218	3
50 Butterfly	33.23	33.80	280	20/04/24	The White Horse League 2024	Bexleyheath	LR240581	3
100 Butterfly	1:13.47	1:14.50	275	08/06/24	The White Horse League 2024	Bexleyheath	LR240582	3
200 Butterfly	2:51.29	2:53.10	242	16/12/23	Romford Town SC Christmas Cracker Meet 2023	Harrow Lodge LC	LR231413	3
50 Backstroke	37.48	38.00	205	10/12/23	Saxon Crown Club Championships 2023	Lewisham	LR231357	4
100 Backstroke	1:21.49	1:22.50	208	17/12/23	Romford Town SC Christmas Cracker Meet 2023	Harrow Lodge LC	LR231413	3
200 Backstroke	2:53.63	2:55.50	225	01/10/23	Saxon Crown Club Championships 2023	Lewisham	LR231353	4
200 Individual Medley	2:49.36	2:51.70	271	23/03/24	Saxon Crown Spring Challenge Meet 2024	Lewisham	LR240214	3
400 Individual Medley	6:13.81	6:18.50	247	26/06/23	Saxon Crown Club Championships 2023	Lewisham	LR231350	4
100 Individual Medley	1:32.03	1:32.00	153	14/01/23	Kingston Royals SC New Year County Qualifier Meet	Walton-on-Thames	LR230011	3