

# Individual Best Times (All Time)

James Penfare - (25395) - Orion SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	25.16	24.30	574	23/02/13	BUCS Long Course 2013	Sheffield	BUC007	1
100 Freestyle	55.19	53.70	612	03/04/10	Portsmouth Northsea Easter Meet	Portsmouth	SE0056	1
200 Freestyle	2:01.93	1:59.10	585	21/11/09	Crawley Not So Early Bird	Crawley	SE9115	1
400 Freestyle	4:25.56	4:20.20	569	11/02/12	BUCS Swimming (50m) Championships 2012	Sheffield	BUC005	1
800 Freestyle	9:50.17	9:40.30	449	05/05/07	South East Region Youths	Aldershot	SER714	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	24.11	25.00	584	07/12/13	BUCS Short Course 2013	Sheffield	BUC008	2
100 Freestyle	53.31	54.90	595	16/05/10	Guildford City Open Meet	Guildford	SE0092	2
200 Freestyle	1:57.80	2:00.70	600	28/03/10	Surrey County Champs	Guildford	CC0085	2
400 Freestyle	4:22.23	4:27.50	530	06/12/08	Guildford City Qualifier	Guildford	SE8372	2
1500 Freestyle	19:47.87	20:05.10	362	21/10/06	Middlesex Autumn Meet	Enfield	LR6213	3
50 Breaststroke	35.17	36.10	357	20/07/08	Fareham Nomads Summer Mt	Southampton	SE8146	3
100 Breaststroke	1:20.12	1:21.70	328	03/11/07	Staines Club Champs	Spelthorne	SE7378	4
200 Breaststroke	2:54.43	2:57.40	326	13/01/08	Staines Swim Club Champs	Spelthorne	SE8069	4
50 Butterfly	31.52	32.10	328	17/10/09	Guildford City Sprints	Guildford	SE9499	4
100 Butterfly	1:16.64	1:17.60	242	29/11/08	Staines Club Champs	Staines	SE8390	4
50 Backstroke	32.24	32.90	322	20/07/08	Fareham Nomads Summer Mt	Southampton	SE8146	3
100 Backstroke	1:10.51	1:11.60	322	28/09/08	Staines Club Champs 2008	Staines	SE8387	4
200 Individual Medley	2:35.74	2:38.30	348	18/11/07	Staines Club Champs	Spelthorne	SE7379	4
100 Individual Medley	1:05.82	1:05.80	419	21/02/10	Surrey County Champs	Guildford	CC0082	2