

Individual Best Times (All Time)

Theo Park - (256582) - Leiston & District Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	25.65	24.80	541	04/11/17	East Region Winter Championships	Norwich	ER170911	1
100 Freestyle	57.03	55.50	554	18/02/18	BUCS Long Course Swimming Championships	Sheffield	NE180246	1
50 Breaststroke	33.70	32.80	456	05/11/17	East Region Winter Championships	Norwich	ER170911	1
100 Breaststroke	1:14.39	1:12.70	447	04/11/17	East Region Winter Championships	Norwich	ER170911	1
200 Breaststroke	4:12.81	4:10.70	122	22/03/08	City of Norwich Easter Mt	Norwich	ER8089	2
50 Butterfly	27.35	26.70	539	04/11/17	East Region Winter Championships	Norwich	ER170911	1
100 Butterfly	1:03.20	1:02.00	479	05/11/17	East Region Winter Championships	Norwich	ER170911	1
50 Backstroke	30.34	29.70	467	17/02/18	BUCS Long Course Swimming Championships	Sheffield	NE180246	1
100 Backstroke	1:05.15	1:03.90	496	18/02/18	BUCS Long Course Swimming Championships	Sheffield	NE180246	1
200 Individual Medley	2:25.38	2:22.60	482	05/11/17	East Region Winter Championships	Norwich	ER170911	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	25.14	26.00	515	11/11/17	BUCS Short Course Swimming Championships	Sheffield	NE172398	2
100 Freestyle	54.48	56.00	557	12/11/17	BUCS Short Course Swimming Championships	Sheffield	NE172398	2
200 Freestyle	2:09.34	2:12.00	453	25/09/15	Halstead Club Championships	Halstead	ER151537	4
400 Freestyle	4:35.23	4:40.30	458	09/10/15	Halstead Club Championships	Halstead	ER151539	4
50 Breaststroke	33.19	34.10	424	09/04/17	Halstead 8th Short Course Open Meet	Colchester	ER170505	3
100 Breaststroke	1:13.24	1:14.90	429	10/04/16	Halstead 7th Short Course Open Meet	Braintree	ER160707	3
200 Breaststroke	2:48.83	2:51.90	360	23/09/16	Halstead Club Championships	Halstead	ER161634	4
50 Butterfly	27.63	28.30	487	10/04/16	Halstead 7th Short Course Open Meet	Braintree	ER160707	3
100 Butterfly	1:01.72	1:02.90	463	10/04/16	Halstead 7th Short Course Open Meet	Braintree	ER160707	3
200 Butterfly	2:45.39	2:47.30	269	02/10/15	Halstead Club Championships	Halstead	ER151538	4
50 Backstroke	29.37	30.00	426	09/04/17	Halstead 8th Short Course Open Meet	Colchester	ER170505	3
100 Backstroke	1:01.90	1:03.20	475	12/11/17	BUCS Short Course Swimming Championships	Sheffield	NE172398	2
200 Backstroke	2:23.61	2:25.90	397	26/09/15	Halstead Club Championships	Halstead	ER151537	4
200 Individual Medley	2:21.16	2:23.90	468	12/12/15	National Arena League-London Div1&2 Rounds123	Braintree	ER152117	3
100 Individual Medley	1:03.31	1:03.30	471	10/04/16	Halstead 7th Short Course Open Meet	Braintree	ER160707	3