

# Individual Best Times (All Time)

George Whisken - (811006) - City of Cambridge SC

## Long Course

| Stroke                | LC Time  | Converted to SC | LC WA Pts | Date     | Meet   | Venue     | Licence  | Level |
|-----------------------|----------|-----------------|-----------|----------|--|-----------|----------|-------|
| 50 Freestyle          | 38.43    | 37.90           | 161       | 07/04/12 | UEA City of Norwich Easter Meet                | Norwich   | ER2006   | 1     |
| 200 Freestyle         | 3:04.22  | 3:02.30         | 169       | 03/02/13 | Bishops Stortford SC 1st Long Course Open      | Basildon  | ER3078   | 3     |
| 1500 Freestyle        | 24:36.86 | 24:22.80        | 205       | 09/03/14 | Cambridgeshire ASA County Championships        | Corby     | CC4112   | 1     |
| 50 Breaststroke       | 50.48    | 49.80           | 135       | 17/11/12 | Team Luton Inaugural Long Course Meet          | Luton     | ER2464   | 1     |
| 200 Breaststroke      | 3:51.59  | 3:49.30         | 159       | 06/04/12 | UEA City of Norwich Easter Meet                | Norwich   | ER2006   | 1     |
| 50 Butterfly          | 40.32    | 39.80           | 168       | 03/02/13 | Bishops Stortford SC 1st Long Course Open      | Basildon  | ER3078   | 3     |
| 50 Backstroke         | 31.75    | 31.10           | 408       | 25/02/23 | BUCS Long Course Swimming Championships 2023   | Sheffield | NE230349 | 1     |
| 100 Backstroke        | 1:22.60  | 1:21.60         | 243       | 07/02/15 | UEA City of Norwich SC February Groundhog Meet | Norwich   | ER150078 | 1     |
| 200 Backstroke        | 2:46.68  | 2:44.70         | 302       | 17/04/16 | Lincoln Vulcans Long Course L1 Open Meet       | Sheffield | EM160422 | 1     |
| 200 Individual Medley | 3:02.62  | 3:00.40         | 243       | 07/02/15 | UEA City of Norwich SC February Groundhog Meet | Norwich   | ER150078 | 1     |
| 400 Individual Medley | 6:55.35  | 6:51.10         | 199       | 30/03/13 | City of Norwich SC Easter Meet 2013            | Norwich   | ER3006   | 1     |

## Short Course

| Stroke                | SC Time  | Converted to LC | SC WA Pts | Date     | Meet   | Venue           | License  | Level |
|-----------------------|----------|-----------------|-----------|----------|--|-----------------|----------|-------|
| 50 Freestyle          | 26.56    | 27.30           | 437       | 19/11/22 | BUCS Short Course 2022-23                          | Sheffield       | NE222500 | 2     |
| 100 Freestyle         | 1:12.47  | 1:13.60         | 236       | 04/10/15 | West Suffolk SC The Neate Meet                     | Bury St Edmunds | ER150794 | 3     |
| 200 Freestyle         | 2:31.39  | 2:33.70         | 282       | 12/03/16 | Basildon & Phoenix SC Spring Time Trial Event 2016 | Basildon        | ER160007 | 3     |
| 400 Freestyle         | 5:27.92  | 5:32.20         | 271       | 06/12/15 | Newmarket & District December Open Meet 2015       | Newmarket       | ER150617 | 3     |
| 1500 Freestyle        | 22:34.94 | 22:50.10        | 244       | 22/12/13 | City of Peterborough Winter Open Meet              | Peterborough    | ER3876   | 3     |
| 50 Breaststroke       | 36.02    | 36.90           | 332       | 15/04/18 | COPS Last Chance Age Group Regional Qualifier      | Peterborough    | ER180754 | 3     |
| 100 Breaststroke      | 1:25.61  | 1:27.10         | 269       | 26/11/16 | City of Cambridge Club Championships               | Cambridge       | ER162215 | 4     |
| 200 Breaststroke      | 3:08.01  | 3:10.80         | 261       | 16/10/16 | Team Luton Autumn Short Course Meet                | Luton           | ER160087 | 3     |
| 50 Butterfly          | 34.68    | 35.20           | 246       | 24/11/16 | City of Cambridge Club Championships               | Cambridge       | ER162214 | 4     |
| 100 Butterfly         | 1:20.53  | 1:21.50         | 208       | 19/11/15 | City of Cambridge Club Championships               | Cambridge       | ER152011 | 4     |
| 200 Butterfly         | 3:05.18  | 3:06.90         | 192       | 22/11/15 | City of Cambridge Club Championships               | Cambridge       | ER152011 | 4     |
| 50 Backstroke         | 35.20    | 35.80           | 247       | 08/04/16 | Cambridge April Open 2016                          | Cambridge       | ER160167 | 3     |
| 100 Backstroke        | 1:11.61  | 1:12.70         | 307       | 15/04/18 | COPS Last Chance Age Group Regional Qualifier      | Peterborough    | ER180754 | 3     |
| 200 Backstroke        | 2:41.45  | 2:43.50         | 280       | 19/11/15 | City of Cambridge Club Championships               | Cambridge       | ER152011 | 4     |
| 200 Individual Medley | 2:46.66  | 2:49.00         | 284       | 07/03/15 | Cambridgeshire ASA County Championships            | Peterborough    | CC150083 | 2     |
| 400 Individual Medley | 6:02.02  | 6:06.80         | 272       | 05/12/15 | Newmarket & District December Open Meet 2015       | Newmarket       | ER150617 | 3     |
| 100 Individual Medley | 1:07.22  | 1:07.20         | 394       | 18/11/22 | BUCS Short Course 2022-23                          | Sheffield       | NE222500 | 2     |