

Individual Best Times (All Time)

Ben Parker - (926053) - Truro City SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	39.15	38.60	152	13/07/13	Plymouth Leander Non-National Qualifiers Meet	Plymouth	SW3469	3
100 Freestyle	1:31.25	1:30.30	135	13/07/13	Plymouth Leander Non-National Qualifiers Meet	Plymouth	SW3469	3
50 Breaststroke	55.93	55.40	99	13/07/13	Plymouth Leander Non-National Qualifiers Meet	Plymouth	SW3469	3
100 Backstroke	1:42.48	1:41.70	127	13/07/13	Plymouth Leander Non-National Qualifiers Meet	Plymouth	SW3469	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.21	31.90	269	21/10/16	Walkers Tigers Annual Autumn Open Meet 2016	St Brelade	SE160836	3
100 Freestyle	1:10.31	1:11.50	259	23/10/16	Walkers Tigers Annual Autumn Open Meet 2016	St Brelade	SE160836	3
200 Freestyle	2:45.26	2:47.40	217	22/10/16	Walkers Tigers Annual Autumn Open Meet 2016	St Brelade	SE160836	3
400 Freestyle	5:47.91	5:51.90	227	22/10/16	Walkers Tigers Annual Autumn Open Meet 2016	St Brelade	SE160836	3
50 Breaststroke	45.18	45.90	168	21/10/16	Walkers Tigers Annual Autumn Open Meet 2016	St Brelade	SE160836	3
100 Breaststroke	1:50.51	1:51.60	125	21/03/15	Cornwall County ASA Intermediate Gala	Penzance	SW150393	3
50 Butterfly	43.75	44.20	122	26/01/14	Carn Brea & Helston Winter Invitational Meet	Bodmin	SW4245	3
50 Backstroke	35.08	35.60	250	20/02/16	Cornwall County Championships	Penzance	SW160345	2
100 Backstroke	1:30.05	1:30.90	154	22/03/14	CCASA Intermediate Gala	Penzance	SW4154	3
200 Backstroke	3:11.59	3:13.30	167	25/10/15	Walkers Tigers 34th Autumn Open Meet 2015	Jersey	SE150811	3
200 Individual Medley	3:18.51	3:20.50	168	24/01/15	Carn Brea & Helston Winter Invitational Meet	Penzance	SW150267	3
400 Individual Medley	7:38.88	7:42.70	133	24/10/14	Walkers Tigers 33rd Autumn Open Meet	Jersey	SE4529	3
100 Individual Medley	1:26.71	1:26.70	183	20/12/15	The Plymouth Leander Christmas Sprint Open 2015	Plymouth	SW151869	3