

Individual Best Times (All Time)

Trinity Parkes - (983905) - Sandwell Aquatics Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.10	29.40	482	05/03/17	Nova Centurion March Sprint Meet 2017	Nottingham	EM170410	3
100 Freestyle	1:06.70	1:05.40	465	09/07/16	City of Coventry Graham Sykes Meet 2016	Coventry	WM160573	3
200 Freestyle	2:33.79	2:31.50	395	09/07/16	City of Coventry Graham Sykes Meet 2016	Coventry	WM160573	3
50 Breaststroke	35.69	34.80	545	06/05/19	West Midlands LC Championships 2019	Coventry	WM190356	1
100 Breaststroke	1:20.32	1:18.70	508	30/04/17	West Midland Championships	Coventry	WM170518	1
200 Breaststroke	3:03.94	3:01.00	418	09/07/16	City of Coventry Graham Sykes Meet 2016	Coventry	WM160573	3
50 Butterfly	32.47	31.90	425	09/07/16	City of Coventry Graham Sykes Meet 2016	Coventry	WM160573	3
50 Backstroke	34.96	34.40	453	05/03/17	Nova Centurion March Sprint Meet 2017	Nottingham	EM170410	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.43	30.10	472	03/12/16	Wyre Forest County Qualifier	Wolverhampton	WM161483	3
100 Freestyle	1:05.54	1:06.80	450	25/11/16	OSTC Club Championships	West Bromwich	WM162029	4
200 Freestyle	2:26.77	2:29.10	424	06/10/17	OSTC Club Championships	West Bromwich	WM172019	4
400 Freestyle	5:46.82	5:50.90	296	19/10/14	Gloucester City SC Level 3 Open Meet	Gloucester	SW4580	3
50 Breaststroke	34.91	35.80	536	05/02/17	Worcester County Age Group Championships	Wolverhampton	WM170048	2
100 Breaststroke	1:16.56	1:18.20	540	08/10/17	Swim England National County Team Div 2 Champs	Sheffield	ENG007	2
200 Breaststroke	2:52.64	2:55.70	473	18/11/17	City of Hereford Open Meet 2017	Hereford	WM171168	3
50 Butterfly	31.69	32.30	455	18/11/17	City of Hereford Open Meet 2017	Hereford	WM171168	3
100 Butterfly	1:16.93	1:17.90	346	27/09/19	OSTC Club Championships	West Bromwich	WM192766	4
50 Backstroke	33.73	34.30	419	18/11/17	City of Hereford Open Meet 2017	Hereford	WM171168	3
100 Backstroke	1:13.45	1:14.50	417	19/11/17	City of Hereford Open Meet 2017	Hereford	WM171168	3
200 Individual Medley	2:42.49	2:44.90	421	04/12/16	Wyre Forest County Qualifier	Wolverhampton	WM161483	3
400 Individual Medley	6:00.06	6:04.90	371	10/09/17	Warley Wasps Club Championships 2017	West Bromwich	WM171834	4
100 Individual Medley	1:12.78	1:12.80	468	03/12/16	Wyre Forest County Qualifier	Wolverhampton	WM161483	3