

Individual Best Times (All Time)

Lara Thomson - (1236025) - Edinburgh University

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.82	27.10	611	18/12/21	City of Leeds Christmas Meet 2021	John Charles	NE210474	3
100 Freestyle	58.72	57.30	682	01/05/22	SE North East Region Open/Youth Championships 2022	Sheffield	NE220860	1
200 Freestyle	2:06.18	2:03.40	715	30/04/22	SE North East Region Open/Youth Championships 2022	Sheffield	NE220860	1
400 Freestyle	4:20.48	4:15.00	737	11/03/22	Edinburgh International 2022	Edinburgh	SCO1859	1
800 Freestyle	9:03.04	8:52.30	711	06/04/22	British Championships 2022	Sheffield	BSW020	1
50 Breaststroke	36.18	35.30	523	23/02/19	Yorkshire County Championships	Sheffield	NE190129	1
100 Breaststroke	1:13.08	1:11.30	675	10/04/22	British Championships 2022	Sheffield	BSW020	1
200 Breaststroke	2:33.46	2:30.00	720	06/04/22	British Championships 2022	Sheffield	BSW020	1
50 Butterfly	31.75	31.10	455	26/05/19	Swim England North East Region Championships (50)	Leeds	NE190137	1
100 Butterfly	1:05.91	1:04.70	596	06/02/22	Yorkshire Swimming Association Championships 2022	Leeds	NE220062	1
200 Butterfly	2:23.06	2:20.80	617	08/02/20	Yorkshire County Championships Level of Meet	Leeds	NE200184	1
50 Backstroke	31.21	30.60	637	28/06/24	2024 Scottish National Open Swimming Championships	Edinburgh	SS241309	1
100 Backstroke	1:05.65	1:04.40	665	30/04/23	SE NE Region Open/Youth Championships (50m) 2023	Sheffield	NE230133	1
200 Backstroke	2:22.90	2:20.50	639	11/03/23	Swedish Grand Prix 2023	Kungsbacka	GBR1943	1
200 Individual Medley	2:18.01	2:15.10	763	09/04/22	British Championships 2022	Sheffield	BSW020	1
400 Individual Medley	4:50.34	4:44.20	767	05/04/22	British Championships 2022	Sheffield	BSW020	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.95	27.70	615	22/12/20	City of Leeds	John Charles	LEX866	0
100 Freestyle	57.44	58.90	669	10/10/21	Yorkshire Winter Champs	Leeds	NE210309	2
200 Freestyle	2:01.08	2:03.90	756	29/07/21	City of Leeds	John Charles	LEX3634	0
400 Freestyle	4:15.59	4:21.00	741	07/11/21	SE North East Region Open Championships (25m) 2021	Sheffield	NE210917	2
800 Freestyle	8:51.33	9:02.10	725	19/11/21	Stockport Metro November SC Open Meet 2021	Stockport	NW211315	2
1500 Freestyle	17:17.51	17:37.20	670	23/10/20	City Of Leeds SC	John Charles Centre	LEX018	0
50 Breaststroke	33.35	34.30	615	21/11/21	Stockport Metro November SC Open Meet 2021	Stockport	NW211315	2
100 Breaststroke	1:11.03	1:12.80	676	09/10/21	Yorkshire Winter Champs	Leeds	NE210309	2
200 Breaststroke	2:27.82	2:31.30	754	28/07/21	City of Leeds	John Charles	LEX3607	0
50 Butterfly	28.92	29.60	599	20/11/21	Stockport Metro November SC Open Meet 2021	Stockport	NW211315	2
100 Butterfly	1:03.24	1:04.40	624	20/11/21	Stockport Metro November SC Open Meet 2021	Stockport	NW211315	2
200 Butterfly	2:17.44	2:19.70	659	27/07/21	City of Leeds	John Charles	LEX3608	0
50 Backstroke	30.00	30.70	596	09/10/22	Yorkshire Swimming Association Winter Competitions	Leeds	NE221235	2
100 Backstroke	1:02.55	1:03.80	675	09/12/23	Scottish National Short Course Championships 2023	Edinburgh	SCO2114	2
200 Backstroke	2:16.38	2:18.80	663	08/12/23	Scottish National Short Course Championships 2023	Edinburgh	SCO2114	2
200 Individual Medley	2:14.34	2:17.20	746	03/12/21	Swim England National Winter Championships (25m)	Sheffield	ENG020	2
400 Individual Medley	4:44.71	4:50.80	752	05/12/21	Swim England National Winter Championships (25m)	Sheffield	ENG020	2
100 Individual Medley	1:04.17	1:04.20	682	17/11/23	BUCS Short Course Swimming Championships 2023	Sheffield	NE232392	2