

Individual Best Times (All Time)

Tharushi Nilagarathna - (1236215) - South Croydon SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
100 Freestyle	1:15.89	1:14.80	316	24/07/21	London Region Festival of Swimming Meet 2021	London Aquatic C	LR210141	1
200 Freestyle	2:47.52	2:45.40	305	01/06/24	Wandsworth SC Summer Meet 2024	Crawley	LR241043	3
50 Breaststroke	40.16	39.40	382	01/04/23	NUEL SC National Qualifier Open Meet 2023	Stratford	LR230468	1
100 Breaststroke	1:32.65	1:31.30	331	01/06/24	Wandsworth SC Summer Meet 2024	Crawley	LR241043	3
200 Breaststroke	3:33.27	3:30.80	268	24/07/21	London Region Festival of Swimming Meet 2021	London Aquatic C	LR210141	1
50 Backstroke	45.50	45.10	205	14/04/19	Newham & East London L1 National Qualifying Meet	London	LR190189	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.77	31.40	413	23/06/24	Sutton & Cheam Summertime Splash 2024	Carshalton, Surrey	LR241283	3
100 Freestyle	1:12.36	1:13.50	334	17/03/24	Croydon Borough SA Annual Champs & AG Comp 2024	Whitgift School	LR240053	4
200 Freestyle	2:46.76	2:48.80	289	30/10/21	Bromley SC 200m Time Trial 30th October 2021	Beckenham	LR211306	4
800 Freestyle	13:19.04	13:26.30	213	18/11/22	Sutton & Cheam Inter-Club Invitational Meet	Carshalton	LR220953	4
50 Breaststroke	40.24	41.00	350	30/03/24	RTW Monson Last Chance Regional Chaser 2024	Tunbridge Wells	SE240602	3
100 Breaststroke	1:30.26	1:31.60	329	21/05/23	East Grinstead SC Open Meet 2023	Crawley	SE230253	3
200 Breaststroke	3:23.64	3:26.20	288	02/12/23	Teddington Winter County Qualifier Open Meet 2023	Xcel Leisure, Walton	LR231700	3
50 Butterfly	44.84	45.30	160	23/11/19	Bromley SC Club Championships 2019	Beckenham	LR191442	4
100 Butterfly	2:01.65	2:02.30	87	22/06/19	Bromley SC Club Championships 2019	Beckenham	LR191438	4
50 Backstroke	40.67	41.20	239	18/12/21	Bromley SC Christmas Gold 2021	Crawley	LR211396	3
100 Backstroke	1:35.92	1:36.80	187	04/01/20	Kent Weald 2nd Last Chance County Qualifier	Gillingham	SE200098	3
200 Backstroke	3:45.76	3:47.20	146	16/06/18	Bromley SC Club Championships 2018	Beckenham	LR180953	4
200 Individual Medley	3:04.47	3:06.60	288	22/10/23	Sutton & Cheam and S Croydon Club Champs 2023	Carshalton	LR231948	4
100 Individual Medley	1:24.09	1:24.10	303	21/05/23	East Grinstead SC Open Meet 2023	Crawley	SE230253	3