

Individual Best Times (All Time)

Tom Longley - (1253681) - Copeland ASC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	26.86	26.10	471	24/03/24	York City Baths Club National Qualifier 2024	Leeds	NE240069	1
100 Freestyle	1:01.30	59.90	446	23/03/24	York City Baths Club National Qualifier 2024	Leeds	NE240069	1
200 Freestyle	2:31.49	2:29.20	305	02/04/23	City of Sunderland National Qualifier Meet 2023	Sunderland	NE230413	1
50 Butterfly	30.47	29.80	390	07/05/23	Swansea Aquatic May LC Meet	Swansea	WL230007	1
100 Butterfly	1:18.97	1:18.00	245	01/07/23	City of Sunderland ASC Summer Splash 2023	Sunderland	NE231255	3
50 Backstroke	29.95	29.30	486	11/05/24	ARENA Manchester Open Meet 2024	Manchester	NW240840	1
100 Backstroke	1:07.95	1:06.80	437	24/03/24	York City Baths Club National Qualifier 2024	Leeds	NE240069	1
200 Backstroke	2:31.22	2:29.00	405	01/04/23	City of Sunderland National Qualifier Meet 2023	Sunderland	NE230413	1
200 Individual Medley	2:38.40	2:35.90	372	02/04/23	City of Sunderland National Qualifier Meet 2023	Sunderland	NE230413	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.45	28.20	396	21/01/23	Cumbria County Championships & Age Groups 2023	Workington	NW230320	2
100 Freestyle	1:01.99	1:03.30	378	22/01/23	Cumbria County Championships & Age Groups 2023	Workington	NW230320	2
200 Freestyle	2:17.35	2:19.90	378	10/06/23	26th Copeland Graded Gala 2023	Copeland	NW231333	3
400 Freestyle	5:25.12	5:29.40	278	06/03/22	Ulverston ASC Spring Swim Fest 2022	Kendal	NW220364	3
800 Freestyle	11:13.48	11:22.00	285	23/10/22	Copeland ASC Long Distance Events Club Champs 2022	Copeland	NW222160	4
50 Breaststroke	38.76	39.60	266	04/12/22	Cumbria Winter Meet 2022	Copeland Leisure Cen	NW221998	3
100 Breaststroke	1:28.12	1:29.50	246	20/11/22	Copeland ASC Club Championships 2022	Copeland	NW222158	4
200 Breaststroke	3:56.83	3:59.10	130	08/08/21	2021 Copeland ASC Club Gala 1	Whitehaven	NW210302	4
50 Butterfly	30.23	30.90	372	03/02/24	Cumbria County Championships & Age Groups 2024	Workington	NW240299	2
100 Butterfly	1:11.86	1:12.90	293	15/07/23	Cumbria Festival of Aquatics 2023	Carlisle	NW231315	3
50 Backstroke	29.93	30.60	403	24/09/23	Workington 14th Presidents Gala 2023	Workington	NW231619	3
100 Backstroke	1:06.89	1:08.10	377	19/11/23	2023 Copeland ASC Club Championship	Copeland	NW232387	4
200 Backstroke	2:21.15	2:23.50	419	03/02/24	Cumbria County Championships & Age Groups 2024	Workington	NW240299	2
200 Individual Medley	2:34.21	2:36.70	359	04/02/23	Cumbria County Championships & Age Groups 2023	Workington	NW230321	2
400 Individual Medley	5:24.90	5:30.30	377	15/10/23	2023 Copeland Distance Time Trial	Copeland	NW232384	4
100 Individual Medley	1:09.63	1:09.60	354	20/01/24	Cumbria County Championships & Age Groups 2024	Workington	NW240298	2