

Individual Best Times (All Time)

Tom Middleton - (1262583) - Glossop ASC

Long Course

| Stroke | LC Time | Converted to SC | LC WA Pts | Date | Meet | Venue | Licence | Level |
|------------------|---------|-----------------|-----------|----------|------------------------------------|-----------|----------|-------|
| 50 Freestyle | 37.53 | 37.00 | 172 | 01/07/17 | 2nd Summer Spectacular Sprint Meet | Sheffield | EM170277 | 3 |
| 50 Breaststroke | 43.36 | 42.60 | 214 | 01/07/17 | 2nd Summer Spectacular Sprint Meet | Sheffield | EM170277 | 3 |
| 100 Breaststroke | 1:37.02 | 1:35.70 | 201 | 01/07/17 | 2nd Summer Spectacular Sprint Meet | Sheffield | EM170277 | 3 |

Short Course

| Stroke | SC Time | Converted to LC | SC WA Pts | Date | Meet | Venue | License | Level |
|-----------------------|---------|-----------------|-----------|----------|---|-----------|----------|-------|
| 50 Freestyle | 35.78 | 36.40 | 178 | 10/06/17 | Stockport Metro Mini Meet Grand Prix | Stockport | NW170206 | 3 |
| 100 Freestyle | 1:36.82 | 1:37.70 | 99 | 05/07/15 | Borough of Barnsley 8th Annual Summer Sizzler | Sheffield | NE150893 | 3 |
| 200 Freestyle | 2:58.89 | 3:00.80 | 171 | 17/06/17 | Stockport Metro Mini Meet Grand Prix | Stockport | NW170206 | 3 |
| 50 Breaststroke | 40.01 | 40.80 | 242 | 16/06/18 | Stockport Metro Mini Meet Grand Prix | Stockport | NW180068 | 3 |
| 100 Breaststroke | 1:41.26 | 1:42.50 | 162 | 05/12/15 | Preston Christmas Countdown 2015 L3 Open Meet | Darwen | NW151989 | 3 |
| 200 Breaststroke | 3:28.83 | 3:31.40 | 190 | 18/12/16 | Chesterfield Winter Open Championships | Matlock | EM162509 | 3 |
| 50 Butterfly | 44.06 | 44.50 | 120 | 10/06/17 | Stockport Metro Mini Meet Grand Prix | Stockport | NW170206 | 3 |
| 50 Backstroke | 42.90 | 43.40 | 136 | 17/06/17 | Stockport Metro Mini Meet Grand Prix | Stockport | NW170206 | 3 |
| 200 Individual Medley | 3:25.61 | 3:27.50 | 151 | 10/06/17 | Stockport Metro Mini Meet Grand Prix | Stockport | NW170206 | 3 |
| 100 Individual Medley | 1:36.22 | 1:36.20 | 134 | 18/12/16 | Chesterfield Winter Open Championships | Matlock | EM162509 | 3 |