

Individual Best Times (All Time)

Valerio Thompson - (1301179) - Millfield

Long Course

| Stroke | LC Time | Converted to SC | LC WA Pts | Date | Meet | Venue | Licence | Level |
|-----------------------|----------|-----------------|-----------|----------|--|-----------|----------|-------|
| 50 Freestyle | 26.18 | 25.40 | 509 | 16/03/24 | Somerset ASA County Championships 2024 | Millfield | SW240543 | 1 |
| 100 Freestyle | 56.47 | 55.00 | 571 | 17/03/24 | Somerset ASA County Championships 2024 | Millfield | SW240543 | 1 |
| 200 Freestyle | 2:02.77 | 1:59.90 | 573 | 24/02/24 | Somerset ASA County Championships 2024 | Millfield | SW240542 | 1 |
| 400 Freestyle | 4:19.08 | 4:13.60 | 612 | 07/04/24 | City of Bristol L1 International Open Meet 2024 | Bristol | SW240226 | 1 |
| 800 Freestyle | 8:49.63 | 8:38.60 | 622 | 28/04/24 | SE SWR Summer Championships 2024 | Millfield | SW240587 | 1 |
| 1500 Freestyle | 17:08.89 | 16:48.70 | 606 | 05/04/24 | City of Bristol L1 International Open Meet 2024 | Bristol | SW240226 | 1 |
| 50 Breaststroke | 37.58 | 36.70 | 329 | 12/03/23 | National Preparation Meet L1 2023 | Millfield | SW230350 | 1 |
| 50 Butterfly | 29.67 | 29.00 | 422 | 18/06/23 | Team Bath AS & Millfield National Preparation Meet | Millfield | SW230994 | 3 |
| 100 Butterfly | 1:08.05 | 1:06.90 | 383 | 30/04/22 | Swim England South West Region Championships 2022 | Plymouth | SW220568 | 1 |
| 200 Butterfly | 2:41.84 | 2:39.90 | 316 | 12/03/22 | Team Bath & Millfield National Qualifier L1 Meet | Millfield | SW220145 | 1 |
| 50 Backstroke | 29.77 | 29.10 | 495 | 04/05/24 | SE SWR Summer Championships 2024 | Plymouth | SW240588 | 1 |
| 100 Backstroke | 1:03.11 | 1:01.80 | 546 | 05/05/24 | SE SWR Summer Championships 2024 | Plymouth | SW240588 | 1 |
| 200 Backstroke | 2:14.25 | 2:11.70 | 579 | 06/05/24 | SE SWR Summer Championships 2024 | Plymouth | SW240588 | 1 |
| 200 Individual Medley | 2:18.31 | 2:15.40 | 559 | 16/03/24 | Somerset ASA County Championships 2024 | Millfield | SW240543 | 1 |
| 400 Individual Medley | 4:55.30 | 4:49.30 | 553 | 11/05/24 | Team Bath AS & Millfield L1 Last Chance Meet 2024 | Millfield | SW240605 | 1 |

Short Course

| Stroke | SC Time | Converted to LC | SC WA Pts | Date | Meet | Venue | License | Level |
|-----------------------|----------|-----------------|-----------|----------|--|------------------|----------|-------|
| 50 Freestyle | 25.54 | 26.30 | 491 | 03/12/23 | Taunton Deane, Millfield & Street County Qualifier | Millfield School | SW232169 | 3 |
| 100 Freestyle | 1:01.86 | 1:03.20 | 380 | 27/11/21 | November County Qualifier 2021 | Millfield | SW210563 | 3 |
| 200 Freestyle | 2:00.05 | 2:02.90 | 567 | 22/10/23 | CW+Millfield Int'l Meet Part of 23/24 Arena Series | Millfield School | SW231690 | 2 |
| 400 Freestyle | 4:11.38 | 4:16.90 | 601 | 23/10/23 | CW+Millfield Int'l Meet Part of 23/24 Arena Series | Millfield School | SW231690 | 2 |
| 800 Freestyle | 8:36.08 | 8:47.10 | 634 | 17/12/23 | Swim Wales Winter Championships 2023 | Swansea | WL232016 | 2 |
| 1500 Freestyle | 16:26.46 | 16:47.10 | 632 | 03/11/23 | SE South West Region SC Winter Championships 2023 | Millfield | SW231774 | 2 |
| 50 Breaststroke | 38.26 | 39.10 | 277 | 31/10/21 | Somerset ASA Development Meet 2021 | Hutton Moor | SW210333 | 4 |
| 100 Breaststroke | 1:19.91 | 1:21.50 | 331 | 26/03/22 | Street SC, Millfield & TDSC Regional Qualifier 22 | Millfield | SW220243 | 3 |
| 200 Breaststroke | 3:00.46 | 3:03.40 | 295 | 31/10/21 | Somerset ASA Development Meet 2021 | Hutton Moor | SW210333 | 4 |
| 50 Butterfly | 30.11 | 30.70 | 376 | 27/03/22 | Street SC, Millfield & TDSC Regional Qualifier 22 | Millfield | SW220243 | 3 |
| 100 Butterfly | 1:02.23 | 1:03.40 | 452 | 03/12/23 | Taunton Deane, Millfield & Street County Qualifier | Millfield School | SW232169 | 3 |
| 200 Butterfly | 2:22.26 | 2:24.50 | 423 | 22/10/23 | CW+Millfield Int'l Meet Part of 23/24 Arena Series | Millfield School | SW231690 | 2 |
| 50 Backstroke | 28.61 | 29.30 | 461 | 03/12/23 | Taunton Deane, Millfield & Street County Qualifier | Millfield School | SW232169 | 3 |
| 100 Backstroke | 1:00.63 | 1:01.90 | 506 | 02/12/23 | Taunton Deane, Millfield & Street County Qualifier | Millfield School | SW232169 | 3 |
| 200 Backstroke | 2:08.56 | 2:11.10 | 554 | 15/12/23 | Swim Wales Winter Championships 2023 | Swansea | WL232016 | 2 |
| 200 Individual Medley | 2:23.92 | 2:26.60 | 442 | 27/03/22 | Street SC, Millfield & TDSC Regional Qualifier 22 | Millfield | SW220243 | 3 |
| 400 Individual Medley | 4:44.96 | 4:51.00 | 559 | 21/10/23 | CW+Millfield Int'l Meet Part of 23/24 Arena Series | Millfield School | SW231690 | 2 |
| 100 Individual Medley | 1:03.23 | 1:03.20 | 473 | 03/12/23 | Taunton Deane, Millfield & Street County Qualifier | Millfield School | SW232169 | 3 |