

Individual Best Times (All Time)

Toby Flood - (1392388) - Thetford Dolphins SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.14	26.40	457	21/04/24	Swim England East Region LC Championships 2024	Luton	ER240236	1
100 Freestyle	1:01.12	59.70	450	04/02/24	SE Norfolk County Championships 2024	Norwich	ER240128	1
200 Freestyle	2:25.19	2:22.80	346	28/01/23	Norfolk County Championships 2023	Norwich	ER230194	1
400 Freestyle	6:02.28	5:58.40	224	26/01/20	Norfolk County Championships 2020	Norwich	ER200473	1
50 Breaststroke	35.28	34.40	397	03/02/24	SE Norfolk County Championships 2024	Norwich	ER240128	1
100 Breaststroke	1:17.91	1:16.30	389	20/04/24	Swim England East Region LC Championships 2024	Luton	ER240236	1
200 Breaststroke	2:56.79	2:53.80	357	13/05/23	Swim England East Region LC Championships 2023	Luton	ER230335	1
50 Butterfly	34.12	33.60	278	28/01/23	Norfolk County Championships 2023	Norwich	ER230194	1
100 Butterfly	1:21.17	1:20.20	226	29/01/23	Norfolk County Championships 2023	Norwich	ER230194	1
50 Backstroke	31.62	31.00	413	03/03/24	City of Norwich March LC Open Meet 2024	Norwich	ER240009	3
100 Backstroke	1:15.63	1:14.60	317	04/02/23	Norfolk County Championships 2023	Norwich	ER230195	1
200 Individual Medley	3:16.06	3:14.00	196	07/03/20	City of Norwich 2020 March L3 LC Open Meet	Norwich	ER200198	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.31	28.10	402	17/03/24	West Norfolk Open Meet 2024	King's Lynn	ER240029	3
100 Freestyle	59.43	1:00.80	429	16/03/24	West Norfolk Open Meet 2024	King's Lynn	ER240029	3
200 Freestyle	2:17.02	2:19.50	381	19/03/23	West Norfolk SC Open Meet 2023	Kings Lynn	ER230012	3
400 Freestyle	5:12.78	5:17.20	312	06/10/22	Thetford Dolphins Club Championships 2022	Thetford	ER221853	4
800 Freestyle	11:35.40	11:43.70	259	07/10/21	Thetford Tony Hegarty Championships & Age Groups	Thetford	ER210816	4
1500 Freestyle	23:23.94	23:38.60	219	11/10/21	Thetford Tony Hegarty Championships & Age Groups	Thetford	ER210818	4
50 Breaststroke	34.88	35.80	366	16/03/24	West Norfolk Open Meet 2024	King's Lynn	ER240029	3
100 Breaststroke	1:16.20	1:17.80	381	09/06/24	Swim England Norfolk Inter Club Gala 2024	Norwich	ER240910	2
200 Breaststroke	2:49.11	2:52.20	358	03/12/23	Great Yarmouth SC Winter Wipeout Meet 2023	Norwich	ER231744	3
50 Butterfly	31.47	32.10	330	17/03/24	West Norfolk Open Meet 2024	King's Lynn	ER240029	3
100 Butterfly	1:14.13	1:15.10	267	05/10/23	Thetford Dolphins SC Club Championships 2023	Thetford	ER231223	4
200 Butterfly	2:59.03	3:00.80	212	02/10/23	Thetford Dolphins SC Club Championships 2023	Thetford	ER231223	4
50 Backstroke	32.21	32.80	323	02/12/23	Great Yarmouth SC Winter Wipeout Meet 2023	Norwich	ER231744	3
100 Backstroke	1:11.99	1:13.10	302	19/03/23	West Norfolk SC Open Meet 2023	Kings Lynn	ER230012	3
200 Backstroke	2:41.69	2:43.70	278	12/10/23	Thetford Dolphins SC Club Championships 2023	Thetford	ER231224	4
200 Individual Medley	2:30.86	2:33.50	383	17/03/24	West Norfolk Open Meet 2024	King's Lynn	ER240029	3
100 Individual Medley	1:10.97	1:11.00	334	14/10/23	Thetford Dolphins SC Club Championships 2023	Thetford	ER231224	4