

Individual Best Times (All Time)

Thomas Heaton - (1443052) - Sutton & Cheam SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.32	29.60	328	26/03/23	Guildford City L1 Spring Open Meet 2023	Surrey Sports Parl	SE230074	1
100 Freestyle	1:04.90	1:03.60	376	02/06/24	Wandsworth SC Summer Meet 2024	Crawley	LR241043	3
50 Breaststroke	41.35	40.60	247	25/03/23	Guildford City L1 Spring Open Meet 2023	Surrey Sports Parl	SE230074	1
100 Breaststroke	1:57.91	1:56.80	112	17/03/19	Atlantis Regional Chaser 2019	Crawley	SE190154	3
50 Butterfly	32.64	32.10	317	02/06/24	Wandsworth SC Summer Meet 2024	Crawley	LR241043	3
50 Backstroke	34.63	34.00	314	03/02/24	Surrey Age Group Championships 2024	Guildford	SE240477	1
100 Backstroke	1:13.48	1:12.40	346	02/06/24	Wandsworth SC Summer Meet 2024	Crawley	LR241043	3
200 Individual Medley	2:48.80	2:46.40	308	02/06/24	Wandsworth SC Summer Meet 2024	Crawley	LR241043	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.60	29.30	350	17/12/23	Sutton & Cheam Stana's Splash & Dash 2023	Carshalton	LR232241	4
100 Freestyle	1:04.18	1:05.50	341	22/10/23	Sutton & Cheam and S Croydon Club Champs 2023	Carshalton	LR231948	4
200 Freestyle	2:23.07	2:25.50	335	17/03/24	Cranleigh ASC Mavis Godfrey Spring Open Meet 2024	Cranleigh	SE240282	3
50 Breaststroke	36.37	37.20	322	23/06/24	Sutton & Cheam Summertime Splash 2024	Carshalton, Surrey	LR241283	3
100 Breaststroke	1:41.62	1:42.90	160	02/11/20	Sutton & Cheam Swimming Club	Westcroft LC	LEX386	0
200 Breaststroke	3:47.30	3:49.60	147	24/06/21	Sutton & Cheam	Westcroft	LEX2397	0
50 Butterfly	32.25	32.80	306	17/03/24	Cranleigh ASC Mavis Godfrey Spring Open Meet 2024	Cranleigh	SE240282	3
100 Butterfly	1:14.89	1:15.90	259	17/03/24	Cranleigh ASC Mavis Godfrey Spring Open Meet 2024	Cranleigh	SE240282	3
50 Backstroke	32.55	33.20	313	13/01/24	Brighton SC Tom Handley Open Meet 2024	Prince Regent	SE240042	3
100 Backstroke	1:12.08	1:13.20	301	13/01/24	Brighton SC Tom Handley Open Meet 2024	Prince Regent	SE240042	3
200 Backstroke	3:18.22	3:19.90	151	27/05/21	Sutton & Cheam	Westcroft	LEX1438	0
200 Individual Medley	2:38.83	2:41.30	328	16/12/23	Sutton & Cheam Last Chance County Qualifier	Carshalton	LR232240	4
100 Individual Medley	1:12.89	1:12.90	309	25/11/23	London Borough of Sutton Annual Swim Champs 2023	Carshalton	LR232228	4