

Individual Best Times (All Time)

Kathryn Woolston-Thomas - (158553) - Loughborough University Swimming

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.35	26.60	643	02/08/09	British Gas Youth Champs	Sheffield	ASA093	1
100 Freestyle	57.40	55.90	731	03/05/09	North East Region Champs	Sunderland	NER918	1
200 Freestyle	2:03.87	2:01.00	756	17/03/09	British Gas Champs (50m)	Sheffield	ASA089	1
400 Freestyle	4:22.88	4:17.50	717	16/03/09	British Gas Champs (50m)	Sheffield	ASA089	1
800 Freestyle	9:14.99	9:04.50	666	18/03/09	British Gas Champs (50m)	Sheffield	ASA089	1
1500 Freestyle	18:26.95	18:08.20	574	02/06/07	ASANER Bagcat Champs	Sheffield	NER706	1
50 Breaststroke	41.38	40.60	349	27/01/08	Burns Open Long Course Mt	Sheffield	NE8040	1
100 Breaststroke	1:25.54	1:24.10	421	30/05/09	City of Sunderland Open	Sunderland	NE9337	1
200 Breaststroke	3:02.70	2:59.80	426	14/06/08	North East Bagcat Champs	Sheffield	NER821	1
50 Butterfly	30.28	29.60	525	16/11/13	Team Luton Autumn LC Open Meet	Luton	ER3665	1
100 Butterfly	1:04.39	1:03.20	639	15/01/12	City of Derby 11th Long Course Open Meet	Sheffield	EM2018	1
200 Butterfly	2:18.28	2:16.00	683	02/08/13	BG ASA National Youth Championships	Sheffield	ASA128	1
50 Backstroke	33.00	32.40	539	15/01/11	Chester Le Street Burns Open Meet	Sheffield	NE1076	1
100 Backstroke	1:08.52	1:07.30	585	09/10/11	Borough of Stockton Swim Scheme Gala	Leeds	NE1439	1
200 Backstroke	2:26.28	2:24.00	596	27/11/10	Co Sunderland Winter Meet	Sunderland	NE0844	1
200 Individual Medley	2:23.67	2:20.90	676	26/06/09	Scottish National Champs	Glasgow	SCO370	1
400 Individual Medley	4:59.32	4:53.40	700	30/05/09	City of Sunderland Open	Sunderland	NE9337	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.75	27.50	629	01/12/12	ASA North East Region Senior & Junior Meet	Sunderland	NER228	2
100 Freestyle	56.46	57.90	704	02/12/12	ASA North East Region Senior & Junior Meet	Sunderland	NER228	2
200 Freestyle	2:00.63	2:03.50	764	07/12/13	BUCS Short Course 2013	Sheffield	BUC008	2
400 Freestyle	4:17.32	4:22.70	726	08/12/13	BUCS Short Course 2013	Sheffield	BUC008	2
800 Freestyle	9:08.64	9:19.10	658	02/02/08	Northumberland & Durham	Middlesbrough	CC8080	2
1500 Freestyle	17:35.17	17:54.50	637	24/02/08	Northumberland & Durham	Darlington	CC8082	2
50 Breaststroke	38.70	39.50	393	28/10/07	Chester-Le-Street Open	Chester-Le-Street	NE7334	4
100 Breaststroke	1:21.10	1:22.60	454	09/05/09	Middlesbrough Open	Middlesbrough	NE9103	1
200 Breaststroke	2:53.37	2:56.40	467	27/10/07	Chester-Le-Street Open	Chester-Le-Street	NE7334	4
50 Butterfly	30.92	31.50	490	07/11/10	BG North East SC Champs	Sunderland	NER029	2
100 Butterfly	1:03.94	1:05.10	604	03/12/11	BG North East Region Championships	Sunderland	NER124	2
200 Butterfly	2:17.54	2:19.80	657	02/12/12	ASA North East Region Senior & Junior Meet	Sunderland	NER228	2
50 Backstroke	32.19	32.80	482	27/10/07	Chester-Le-Street Open	Chester-Le-Street	NE7334	4
100 Backstroke	1:04.90	1:06.10	604	09/05/10	Middlesbrough Open Meet	Middlesbrough	NE0041	2
200 Backstroke	2:17.07	2:19.50	653	08/05/10	Middlesbrough Open Meet	Middlesbrough	NE0041	2
200 Individual Medley	2:22.41	2:25.10	626	08/12/13	BUCS Short Course 2013	Sheffield	BUC008	2
400 Individual Medley	4:58.62	5:04.40	651	14/12/08	Derwentside Christmas Open	Stanley	NE8503	1
100 Individual Medley	1:09.44	1:09.40	538	02/03/08	Northumberland & Durham	Middlesbrough	CC8083	2