

Individual Best Times (All Time)

Tom Sherriff - (233084) - Cockermouth SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	25.19	24.40	571	03/05/15	ASA East Region Summer Championships Weekend 1	Luton	ER150672	1
100 Freestyle	54.21	52.70	645	12/04/15	Team Luton April Long Course Meet	Luton	ER150341	1
200 Freestyle	1:59.89	1:57.00	615	04/05/15	ASA East Region Summer Championships Weekend 1	Luton	ER150672	1
400 Freestyle	4:17.42	4:11.90	624	03/05/15	ASA East Region Summer Championships Weekend 1	Luton	ER150672	1
1500 Freestyle	17:22.74	17:02.80	582	01/03/14	Hertfordshire ASA County Championships	Luton	CC4079	1
50 Breaststroke	33.04	32.10	484	03/05/15	ASA East Region Summer Championships Weekend 1	Luton	ER150672	1
100 Breaststroke	1:13.26	1:11.50	468	11/04/15	Team Luton April Long Course Meet	Luton	ER150341	1
200 Breaststroke	2:42.33	2:39.00	461	03/05/15	ASA East Region Summer Championships Weekend 1	Luton	ER150672	1
50 Butterfly	27.61	26.90	524	04/05/15	ASA East Region Summer Championships Weekend 1	Luton	ER150672	1
100 Butterfly	59.97	58.70	560	02/05/15	ASA East Region Summer Championships Weekend 1	Luton	ER150672	1
200 Butterfly	2:22.14	2:19.90	467	01/05/16	ASA East Region Long Course Championships	Norwich	ER160820	1
50 Backstroke	30.93	30.30	441	02/05/15	ASA East Region Summer Championships Weekend 1	Luton	ER150672	1
100 Backstroke	1:14.39	1:13.30	333	09/05/10	City of Coventry May Open	Coventry	WM0202	1
200 Backstroke	2:41.04	2:39.00	335	08/05/10	City of Coventry May Open	Coventry	WM0202	1
200 Individual Medley	2:18.99	2:16.10	551	02/05/16	ASA East Region Long Course Championships	Norwich	ER160820	1
400 Individual Medley	5:32.59	5:27.30	387	08/05/10	City of Coventry May Open	Coventry	WM0202	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	24.71	25.50	543	22/11/15	Watford November County Qualifier Open Meet	Watford	ER150604	3
100 Freestyle	53.51	55.00	588	05/10/14	Maxwell Autumn Meet	Aylesbury	SE14110	3
200 Freestyle	1:57.92	2:00.80	598	15/03/15	Hertfordshire County Championships	Borehamwood	CC150272	2
400 Freestyle	4:11.02	4:16.50	604	22/03/15	Hertfordshire County Championships	Borehamwood	CC150273	2
1500 Freestyle	16:53.79	17:13.90	582	28/02/15	Hertfordshire County Championships	Borehamwood	CC150271	2
50 Breaststroke	31.90	32.90	478	05/10/14	Maxwell Autumn Meet	Aylesbury	SE14110	3
100 Breaststroke	1:10.14	1:11.90	489	01/07/14	Hemel Hempstead SC Sprint Championships	Hemel Hempstead	ER4169	4
200 Breaststroke	2:34.67	2:38.00	468	21/03/15	Hertfordshire County Championships	Borehamwood	CC150273	2
50 Butterfly	27.04	27.70	520	31/01/15	Hatfield Valentines Gala	Hatfield	ER150374	3
100 Butterfly	58.65	59.90	540	14/11/15	National Arena League-London Div1&2 Rounds123	Luton	ER152122	3
200 Butterfly	2:16.22	2:18.50	482	02/07/16	City of St Albans Club Championships	St Albans	ER161256	4
50 Backstroke	28.93	29.60	446	04/10/14	Maxwell Autumn Meet	Aylesbury	SE14110	3
100 Backstroke	1:02.88	1:04.10	454	01/07/14	Hemel Hempstead SC Sprint Championships	Hemel Hempstead	ER4169	4
200 Backstroke	2:18.90	2:21.30	439	21/11/15	Watford November County Qualifier Open Meet	Watford	ER150604	3
200 Individual Medley	2:15.27	2:18.10	532	02/07/16	City of St Albans Club Championships	St Albans	ER161256	4
400 Individual Medley	4:49.47	4:55.50	533	21/03/15	Hertfordshire County Championships	Borehamwood	CC150273	2
100 Individual Medley	1:01.72	1:01.70	509	29/06/14	Hemel Hempstead SC Sprint Championships	Hemel Hempstead	ER4169	4