

Individual Best Times (All Time)

Thomas Amman - (311651) - Torfaen County Swimming

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	26.10	25.30	514	30/07/09	Welsh Summer Nationals	Swansea	WAL250	1
100 Freestyle	58.20	56.70	521	02/08/09	Welsh Summer Nationals	Swansea	WAL250	1
200 Freestyle	2:10.42	2:07.70	478	31/07/09	Welsh Summer Nationals	Swansea	WAL250	1
50 Butterfly	30.28	29.60	397	29/05/10	Avalon Sprint Open Meet	Millfield	SW0216	3
100 Butterfly	1:08.72	1:07.60	372	20/03/08	Welsh Age & Youth Champs	Swansea	WAL184	1
200 Butterfly	2:38.17	2:36.20	339	13/04/08	Avalon Spring Open Meet	Millfield	SW8076	3
50 Backstroke	32.92	32.30	366	12/04/08	Avalon Spring Open Meet	Millfield	SW8076	3
100 Backstroke	1:16.04	1:15.00	312	27/01/07	Avalon Meet	Millfield	SW7065	2
200 Individual Medley	2:32.49	2:29.90	417	20/03/08	Welsh Age & Youth Champs	Swansea	WAL184	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.09	26.90	461	23/10/10	Greater Gwent Open Water	Newport	WAL328	1
100 Freestyle	58.57	1:00.00	448	24/10/10	Greater Gwent Open Water	Newport	WAL328	1
200 Freestyle	2:12.36	2:15.00	423	10/02/08	SE Wales Regional Champs	Newport	WAL182	2
400 Freestyle	4:34.09	4:39.20	464	01/02/09	South East Wales Regional	Newport	WAL220	1
50 Breaststroke	43.56	44.30	187	10/12/06	Newport Xmas Cracker	Newport	WAL130	3
50 Butterfly	30.21	30.80	373	09/12/07	Newport Xmas Cracker	Newport	WAL174	3
100 Butterfly	1:09.15	1:10.20	329	05/07/08	Torfaen Sprint Meet	Newport	WAL198	3
200 Butterfly	2:35.98	2:38.00	321	10/02/08	SE Wales Regional Champs	Newport	WAL182	2
50 Backstroke	31.50	32.10	345	05/07/08	Torfaen Sprint Meet	Newport	WAL198	3
100 Backstroke	1:09.72	1:10.90	333	05/07/08	Torfaen Sprint Meet	Newport	WAL198	3
200 Individual Medley	2:35.31	2:37.80	351	02/11/08	Pontypool 27th Open Meet	Pontypool	WAL234	2
100 Individual Medley	1:08.93	1:08.90	365	27/06/10	Torfaen Open Meet	Newport	WAL306	3