

Individual Best Times (All Time)

Charlie Pond Thompson - (316830) - City of Southend on Sea SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	25.85	25.00	529	23/11/13	Essex Winter Long Course Competition	Basildon	ER3696	1
100 Freestyle	55.75	54.20	593	24/11/12	Essex Winter Long Course Championships	Basildon	ER2650	1
200 Freestyle	2:06.11	2:03.30	529	07/05/11	Taunton Dean Level 1 Meet	Millfield	SW1025	1
800 Freestyle	9:42.55	9:32.50	467	07/06/08	East Region Bagcat Champs	Norwich	ERX811	1
100 Breaststroke	1:14.55	1:12.80	444	29/01/11	East, East Midland & West Midland Zonal	Corby	ZM1134	1
50 Butterfly	26.69	26.00	580	04/02/17	Essex Age Group Championships	London	ER170023	1
100 Butterfly	1:01.19	59.90	527	25/11/12	Essex Winter Long Course Championships	Basildon	ER2650	1
200 Butterfly	2:24.33	2:22.10	446	03/05/09	East Region Youth Champs	Norwich	ERX912	1
50 Backstroke	28.20	27.50	582	14/05/16	Team Luton May Long Course Meet	Luton	ER160180	1
100 Backstroke	1:00.29	58.90	626	03/08/13	BG ASA National Youth Championships	Sheffield	ASA128	1
200 Backstroke	2:13.78	2:11.30	585	06/05/12	ASA East Region Youth Championships	Basildon	ERX203	1
200 Individual Medley	2:16.80	2:13.90	578	25/11/12	Essex Winter Long Course Championships	Basildon	ER2650	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	24.69	25.50	544	07/12/13	BUCS Short Course 2013	Sheffield	BUC008	2
100 Freestyle	53.93	55.50	574	01/04/12	Essex County Championships	Basildon	CC2061	2
200 Freestyle	1:57.55	2:00.50	604	23/03/13	Essex County Age Group Championships	Basildon	CC3021	2
400 Freestyle	4:24.50	4:29.70	516	06/03/10	Essex County Champs	Braintree	CC0072	2
800 Freestyle	9:23.25	9:33.40	487	09/01/09	Icebreaker Meet	Canterbury	SE9044	1
50 Breaststroke	32.24	33.20	463	12/03/11	Essex County Championships	Southend	CC1059	2
100 Breaststroke	1:10.63	1:12.40	479	07/03/10	Essex County Champs	Braintree	CC0072	2
200 Breaststroke	2:35.84	2:39.20	458	13/02/10	Essex County Champs	Braintree	CC0071	2
50 Butterfly	26.23	26.90	570	29/03/14	Essex County Age Groups Championships	Basildon	CC4042	2
100 Butterfly	59.59	1:00.80	515	04/02/12	Hatfield UKC Valentines Meet	Hatfield	ER2163	2
200 Butterfly	2:16.38	2:18.70	480	21/05/11	Black Lion Open Meet	Gillingham	SE1305	2
50 Backstroke	26.16	26.90	603	16/12/16	ASA Winter Meet 2016	Sheffield	ASA153	2
100 Backstroke	56.76	58.20	617	10/12/16	NASL London	Luton	ER162331	3
200 Backstroke	2:08.03	2:10.60	561	24/03/13	Essex County Age Group Championships	Basildon	CC3021	2
200 Individual Medley	2:12.05	2:15.00	572	19/02/12	Essex County Age Group Championships	Basildon	CC2058	2
400 Individual Medley	4:51.76	4:57.70	521	06/03/10	Essex County Champs	Braintree	CC0072	2
100 Individual Medley	57.69	57.70	623	17/12/16	ASA Winter Meet 2016	Sheffield	ASA153	2