

Individual Best Times (All Time)

Craig Thomas - (31708) - Afan Valley Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	25.04	24.20	582	01/08/09	British Gas Youth Champs	Sheffield	ASA093	1
100 Freestyle	53.58	52.00	668	20/02/09	Celtic Tri-Nations	Swansea	INT213	1
200 Freestyle	1:54.46	1:51.40	707	31/07/09	British Gas Youth Champs	Sheffield	ASA093	1
400 Freestyle	4:05.66	3:59.90	718	28/07/09	British Gas Youth Champs	Sheffield	ASA093	1
800 Freestyle	8:37.64	8:26.40	666	20/03/08	Welsh Age & Youth Champs	Swansea	WAL184	1
1500 Freestyle	16:34.81	16:13.90	671	03/12/17	Swim Wales Long Course Championships	Swansea	WL170076	1
50 Breaststroke	48.15	47.50	156	30/05/03	WASA Spring Open Meet	Swansea	WAL037	1
50 Butterfly	29.81	29.20	416	05/08/05	Welsh Regional Nationals	Swansea	WAL084	1
100 Butterfly	1:01.52	1:00.30	519	05/04/10	Welsh Age Group & Youth Champs	Swansea	WAL288	1
200 Butterfly	2:16.59	2:14.30	527	23/11/07	Welsh School Championship	Swansea	WAL170	2
50 Backstroke	30.78	30.10	447	07/05/11	Sports Aid Yorkshire & Humberside Meet	Leeds	NE1168	1
100 Backstroke	1:04.22	1:03.00	518	05/04/07	WASA Age & Youth Champs	Swansea	WAL142	1
200 Backstroke	2:14.98	2:12.50	570	21/11/08	Welsh Nationals & Schools	Swansea	WAL211	1
200 Individual Medley	2:27.50	2:24.80	461	01/04/06	Sheffield Premier Meet	Sheffield	NE6076	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	24.50	25.30	557	02/12/16	Swim Wales Short Course Championships	Swansea	WL160022	2
100 Freestyle	52.93	54.50	607	04/12/16	Swim Wales Short Course Championships	Swansea	WL160022	2
200 Freestyle	1:52.23	1:55.30	694	02/02/09	South East Wales Regional	Newport	WAL223	1
400 Freestyle	4:00.27	4:06.00	689	15/11/09	BUCS Championship (25m)	Sheffield	BUC001	2
800 Freestyle	9:01.49	9:12.00	549	11/02/19	Swim Wales South East Regional Championships	Newport	WL190036	2
1500 Freestyle	16:38.86	16:59.30	609	04/11/16	Welsh Capital Open Meet	Cardiff	WL161198	2
50 Breaststroke	38.51	39.30	271	16/10/05	Mid Glamorgan 9th Meet	Rhondda Sports Cent	WAL089	3
100 Breaststroke	1:19.20	1:20.80	340	11/12/11	Llantrisant Sharks Club Championships	Llantrisant	WAL399	4
50 Butterfly	28.73	29.40	433	22/10/11	AIB Tigers 30th Autumn Open Meet Level 2	Jersey	SE1178	2
100 Butterfly	1:00.34	1:01.60	496	22/10/11	AIB Tigers 30th Autumn Open Meet Level 2	Jersey	SE1178	2
200 Butterfly	2:15.96	2:18.30	485	23/10/11	AIB Tigers 30th Autumn Open Meet Level 2	Jersey	SE1178	2
50 Backstroke	29.54	30.20	419	22/10/11	AIB Tigers 30th Autumn Open Meet Level 2	Jersey	SE1178	2
100 Backstroke	1:01.12	1:02.40	494	09/02/10	South East Wales Regional	Newport	WAL279	1
200 Backstroke	2:12.50	2:15.00	506	02/11/08	Pontypool 27th Open Meet	Pontypool	WAL234	2
200 Individual Medley	2:24.64	2:27.30	435	11/12/11	Llantrisant Sharks Club Championships	Llantrisant	WAL399	4
400 Individual Medley	4:51.31	4:57.30	523	04/12/11	South East Wales Sub Regional Competition	Newport	WAL398	4
100 Individual Medley	1:10.78	1:10.80	337	15/10/05	Mid Glamorgan 9th Meet	Rhondda Sports Cent	WAL089	3