

# Individual Best Times (All Time)

Jack Thomas - (45847) - Cardiff Masters

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	26.13	25.30	512	22/02/14	BUCS Long Course 2014	Sheffield	BUC009	1
100 Freestyle	58.88	57.40	504	24/02/13	BUCS Long Course 2013	Sheffield	BUC007	1
200 Freestyle	2:17.71	2:15.20	406	06/05/07	The WCASA Youth Champs	Millfield	SWR711	1
50 Breaststroke	34.74	33.80	416	11/02/12	BUCS Swimming (50m) Championships 2012	Sheffield	BUC005	1
100 Breaststroke	1:22.92	1:21.40	322	22/10/06	Avalon Autumn Open Meet	Millfield	SW6157	2
50 Butterfly	28.91	28.20	457	24/02/13	BUCS Long Course 2013	Sheffield	BUC007	1
100 Butterfly	1:06.73	1:05.60	406	22/02/14	BUCS Long Course 2014	Sheffield	BUC009	1
50 Backstroke	38.69	38.20	225	13/07/02	Western Counties Age Group	Millfield	WES016	1
100 Backstroke	1:26.57	1:25.60	211	05/12/03	Bath Grand Prix	Bath	DMW048	1
200 Backstroke	3:03.92	3:02.10	225	07/07/02	Western Counties Age Group	Millfield	WES016	1
200 Individual Medley	2:47.46	2:45.10	315	22/10/06	Avalon Autumn Open Meet	Millfield	SW6157	2

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	25.06	25.90	520	02/11/12	BUCS Swimming (25m) Championships 2012	Sheffield	BUC006	2
100 Freestyle	54.92	56.40	544	14/12/13	National Arena Swimming League SW Finals	Hutton Moor	SW31010	2
200 Freestyle	2:09.64	2:12.30	450	07/03/09	Wiltshire County Champs	Swindon	CC9066	2
400 Freestyle	4:42.67	4:47.60	423	04/03/07	Wiltshire County Champs	Swindon	CC7115	2
1500 Freestyle	19:11.88	19:29.70	397	20/01/07	Wiltshire County Champs	Swindon	CC7113	2
50 Breaststroke	32.98	33.90	432	12/11/11	BUCS Swimming (25m) Championships 2011	Sheffield	BUC004	2
100 Breaststroke	1:16.86	1:18.50	372	08/03/09	Wiltshire County Champs	Swindon	CC9066	2
200 Breaststroke	2:53.30	2:56.30	333	08/03/08	Wiltshire County Champs	Swindon	CC8089	2
50 Butterfly	27.93	28.60	472	03/11/12	BUCS Swimming (25m) Championships 2012	Sheffield	BUC006	2
100 Butterfly	1:02.35	1:03.60	450	14/12/13	National Arena Swimming League SW Finals	Hutton Moor	SW31010	2
200 Butterfly	2:46.81	2:48.70	262	10/03/07	Wiltshire County Champs	Swindon	CC7116	2
50 Backstroke	33.55	34.10	286	01/07/07	South West Region Sprints	Gloucester	SW7126	3
100 Backstroke	1:21.38	1:22.40	209	28/03/04	Wiltshire County Championships	Various	CCW030	2
200 Backstroke	2:50.81	2:52.80	236	19/03/05	Wiltshire County Champs 2005	Swindon	CCW596	2
200 Individual Medley	2:31.83	2:34.40	376	08/03/08	Wiltshire County Champs	Swindon	CC8089	2
400 Individual Medley	5:37.75	5:42.90	336	01/03/08	Wiltshire County Champs	Swindon	CC8088	2
100 Individual Medley	1:05.57	1:05.60	424	05/10/19	Wiltshire ASA Masters	Five Rivers	MAS880	0