

# Individual Best Times (All Time)

Thomas Frewin - (468247) - Tring Swimming Club

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.30	26.50	449	05/05/13	ASA East Region Youth Championships	Luton	ERX312	1
100 Freestyle	59.58	58.20	486	21/12/13	Hillingdon Winter Open Meet	Hillingdon	LR3781	1
200 Freestyle	2:10.21	2:07.50	480	05/05/13	ASA East Region Youth Championships	Luton	ERX312	1
50 Breaststroke	32.04	31.00	531	17/02/18	BUCS Long Course Swimming Championships	Sheffield	NE180246	1
100 Breaststroke	1:10.52	1:08.70	524	18/02/18	BUCS Long Course Swimming Championships	Sheffield	NE180246	1
200 Breaststroke	2:37.65	2:34.30	504	13/04/14	Crawley Spring Open Meet	Crawley	SE4285	1
50 Butterfly	35.28	34.70	251	15/10/11	Wycombe District SC Annual B C Meet	High Wycombe	SE1358	3
50 Backstroke	35.94	35.40	281	12/05/12	Wycombe SC Annual Open Spring Meet	Handy Cross	SE2444	3
100 Backstroke	1:19.90	1:18.90	269	15/10/11	Wycombe District SC Annual B C Meet	High Wycombe	SE1358	3
200 Individual Medley	2:22.12	2:19.30	516	18/02/18	BUCS Long Course Swimming Championships	Sheffield	NE180246	1
400 Individual Medley	5:08.91	5:03.20	483	21/12/13	Hillingdon Winter Open Meet	Hillingdon	LR3781	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.09	26.90	461	19/01/14	Watford County Qualifier Open Meet	Watford	ER4172	3
100 Freestyle	55.71	57.20	521	18/01/14	Watford County Qualifier Open Meet	Watford	ER4172	3
200 Freestyle	2:03.93	2:06.70	515	19/01/14	Watford County Qualifier Open Meet	Watford	ER4172	3
400 Freestyle	4:33.06	4:38.10	469	22/11/13	Tring Club Championships	Tring	ER3970	4
1500 Freestyle	19:03.88	19:21.80	405	05/08/12	Tring SC Club Championships 2012	Tring	ER2569	4
50 Breaststroke	31.71	32.70	487	11/11/17	BUCS Short Course Swimming Championships	Sheffield	NE172398	2
100 Breaststroke	1:07.19	1:09.00	556	12/10/19	NASL London Round 1	Westminster Lodge	ER192861	3
200 Breaststroke	2:30.63	2:34.10	507	21/03/15	Hertfordshire County Championships	Borehamwood	CC150273	2
50 Butterfly	29.00	29.60	421	27/06/15	The Terry Davies Alternative Nationals	Watford	ER150582	3
100 Butterfly	1:05.61	1:06.80	386	27/06/15	The Terry Davies Alternative Nationals	Watford	ER150582	3
200 Butterfly	2:31.77	2:33.80	348	28/06/15	The Terry Davies Alternative Nationals	Watford	ER150582	3
50 Backstroke	31.44	32.10	347	27/06/15	The Terry Davies Alternative Nationals	Watford	ER150582	3
100 Backstroke	1:06.55	1:07.70	383	27/06/15	The Terry Davies Alternative Nationals	Watford	ER150582	3
200 Backstroke	2:24.19	2:26.50	393	28/06/15	The Terry Davies Alternative Nationals	Watford	ER150582	3
200 Individual Medley	2:13.46	2:16.40	554	09/11/19	NASL London Round 2	Braintree	ER192863	3
400 Individual Medley	5:02.13	5:07.90	469	21/11/13	Tring Club Championships	Tring	ER3970	4
100 Individual Medley	1:03.26	1:03.30	472	28/06/15	The Terry Davies Alternative Nationals	Watford	ER150582	3