

Individual Best Times (All Time)

Ffion Thomas - (540268) - Tilehurst SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.47	27.70	570	11/01/20	BSBASA County Championships	Wycombe	SE200053	1
100 Freestyle	1:04.03	1:02.70	526	13/01/19	Berkshire & S Buckinghamshire County Champs 2019	Wycombe	SE190015	1
200 Freestyle	2:33.01	2:30.70	401	02/08/13	Swim Wales Summer Nationals	Swansea	WAL511	1
50 Breaststroke	38.18	37.30	445	12/01/20	BSBASA County Championships	Wycombe	SE200053	1
100 Breaststroke	1:32.15	1:30.80	337	16/11/13	Crawley Not So Early Bird Meet	Crawley	SE3141	1
200 Breaststroke	3:19.99	3:17.30	325	21/12/13	BG Swim Wales National Championships	Swansea	WAL539	1
50 Butterfly	30.07	29.40	536	30/04/16	ASA South East Region Swimming Championships	Portsmouth	SE160990	1
100 Butterfly	1:13.13	1:12.10	436	17/02/19	Wycombe Dual Award Long Course Meet	Wycombe	SE190417	3
50 Backstroke	31.79	31.20	603	23/03/19	Wycombe Swimming's 4th LC Premier Meet	Wycombe	SE190056	1
100 Backstroke	1:08.23	1:07.00	593	03/08/16	Swim Wales Summer Nationals	Swansea	WL160020	1
200 Backstroke	2:31.07	2:28.80	541	14/01/18	Berks & Sth Bucks County Championships	Wycombe	SE180129	1
200 Individual Medley	2:46.47	2:44.10	434	26/01/20	BSBASA County Championships	Wycombe	SE200054	1
400 Individual Medley	6:11.61	6:06.80	366	11/01/14	British Gas Swim Wales New Year Meet	Swansea	WAL540	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.95	28.70	552	16/11/19	BUCS Short Course Swimming Championships 2019	Sheffield	NE193130	2
100 Freestyle	1:02.12	1:03.50	529	23/11/19	TSC Club Championships	Reading	SE192784	4
200 Freestyle	2:19.73	2:22.20	492	25/11/18	Bracknell & Wokingham County Qualifier & Relay	Bracknell	SE181888	3
400 Freestyle	4:59.01	5:03.70	462	17/10/15	Bracknell & Wokingham 2015 Club Championships	Bracknell	SE150858	4
50 Breaststroke	36.57	37.40	466	23/11/19	TSC Club Championships	Reading	SE192784	4
100 Breaststroke	1:21.12	1:22.70	454	22/11/19	TSC Club Championships	Reading	SE192784	4
200 Breaststroke	3:02.00	3:04.90	404	20/07/19	Bracknell & Wokingham Club Championships 2019	Bracknell	SE191519	4
50 Butterfly	30.04	30.70	534	06/11/16	ASA South East Region Winter Championships 2016	Portsmouth	SE162237	2
100 Butterfly	1:10.05	1:11.10	459	06/10/18	RR Winter National & Regional Qualifier L2 Meet	Aldershot	SE181934	2
200 Butterfly	2:42.24	2:44.20	400	06/07/19	Bracknell & Wokingham Club Championships 2019	Bracknell	SE191518	4
50 Backstroke	31.30	31.90	524	03/11/18	Swim England South East Open & Junior Champs	Portsmouth	SE182559	2
100 Backstroke	1:06.61	1:07.80	559	14/01/17	Berks & Sth Bucks ASA 2017 County Championships	Wycombe	SE170068	2
200 Backstroke	2:27.69	2:29.90	522	01/07/17	Bracknell & Wokingham Level 3 Open Meet	Bracknell	SE171288	3
200 Individual Medley	2:36.56	2:39.10	471	20/07/19	Bracknell & Wokingham Club Championships 2019	Bracknell	SE191519	4
400 Individual Medley	6:02.92	6:07.70	363	06/10/13	Hart SC Club Championships	Hart	SE3842	4
100 Individual Medley	1:10.14	1:10.10	522	24/11/19	TSC Club Championships	Reading	SE192784	4