

# Individual Best Times (All Time)

Thomas Weston - (548896) - Romford Town SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.82	29.10	344	15/03/15	London Schools Championships 2015	Crystal Palace	LR150242	1
100 Freestyle	1:04.47	1:03.20	384	22/12/13	Basildon & Phoenix Winter Long Course Meet	Basildon	ER3693	1
200 Freestyle	2:18.33	2:15.80	400	22/12/13	Basildon & Phoenix Winter Long Course Meet	Basildon	ER3693	1
400 Freestyle	5:43.04	5:38.90	264	22/05/10	Bracknell & Wokingham Meet	Aldershot	SE0061	1
50 Breaststroke	47.10	46.40	167	08/05/10	Beckenham Open	London	LR0120	1
100 Breaststroke	1:46.84	1:45.60	150	08/05/10	Beckenham Open	London	LR0120	1
200 Breaststroke	3:35.92	3:33.50	196	11/07/10	Northampton Summer Meet	Corby	EM0635	4
50 Butterfly	42.41	42.00	144	09/05/10	Beckenham Open	London	LR0120	1
50 Backstroke	41.92	41.40	177	10/07/10	Northampton Summer Meet	Corby	EM0635	4
100 Backstroke	1:20.12	1:19.10	267	15/03/15	London Schools Championships 2015	Crystal Palace	LR150242	1
200 Backstroke	2:35.99	2:33.80	369	22/12/13	Basildon & Phoenix Winter Long Course Meet	Basildon	ER3693	1
200 Individual Medley	2:47.01	2:44.60	318	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	28.41	29.10	357	17/01/15	Essex County Age Group Championships 2015	Basildon	CC150043	2
100 Freestyle	1:02.47	1:03.80	369	02/11/14	Teamipswich Open Meet	Ipswich	ER4820	3
200 Freestyle	2:12.67	2:15.30	420	01/12/13	Thurrock County Qualifier	Thurrock	ER3291	3
400 Freestyle	4:43.01	4:47.90	421	05/01/14	London Bo Redbridge Winter Meet	Barkingside	LR4006	3
50 Breaststroke	41.27	42.00	220	29/09/13	Romford Town SC 3rd David Jacobs Memorial	Romford	LR3499	3
100 Breaststroke	1:37.04	1:38.30	184	07/05/11	London Borough of Enfield Open Meet	Enfield	LR1151	3
200 Breaststroke	3:24.92	3:27.50	201	02/04/11	Borough of Waltham Forest (Gators) Meet	Waltham Forest	LR1220	3
50 Butterfly	36.04	36.60	219	29/09/13	Romford Town SC 3rd David Jacobs Memorial	Romford	LR3499	3
100 Butterfly	1:33.70	1:34.50	132	24/04/10	Boro Redbridge Sprint Meet	Barkingside	LR0008	3
50 Backstroke	32.92	33.50	302	18/01/15	Essex County Age Group Championships 2015	Basildon	CC150043	2
100 Backstroke	1:09.53	1:10.70	335	22/11/14	Harlow Penguins Winter Open Meet	Harlow	ER14724	3
200 Backstroke	2:24.47	2:26.80	390	30/03/14	Essex County Age Groups Championships	Basildon	CC4042	2
200 Individual Medley	2:32.14	2:34.70	374	19/07/14	Romford Town 2nd Non National Meet	Thurrock	LR4645	3
100 Individual Medley	1:13.75	1:13.80	298	20/10/13	Romford Town SC 7th SC Meet	Enfield	LR3653	3