

Individual Best Times (All Time)

Neal Thomson - (792548) - Out to Swim London

Long Course

| Stroke | LC Time | Converted to SC | LC WA Pts | Date | Meet | Venue | Licence | Level |
|---------------|---------|-----------------|-----------|----------|--|-----------|----------|-------|
| 50 Freestyle | 24.54 | 23.70 | 618 | 20/12/15 | Northampton 2015 Long Course Winter Festival | Corby | EM151769 | 1 |
| 100 Freestyle | 54.35 | 52.80 | 640 | 12/02/12 | BUCS Swimming (50m) Championships 2012 | Sheffield | BUC005 | 1 |
| 200 Freestyle | 2:06.57 | 2:03.80 | 523 | 11/02/12 | BUCS Swimming (50m) Championships 2012 | Sheffield | BUC005 | 1 |
| 50 Butterfly | 26.55 | 25.80 | 590 | 24/02/13 | BUCS Long Course 2013 | Sheffield | BUC007 | 1 |
| 100 Butterfly | 1:00.61 | 59.30 | 543 | 20/12/15 | Northampton 2015 Long Course Winter Festival | Corby | EM151769 | 1 |

Short Course

| Stroke | SC Time | Converted to LC | SC WA Pts | Date | Meet | Venue | License | Level |
|---------------|---------|-----------------|-----------|----------|---|-----------|----------|-------|
| 50 Freestyle | 24.12 | 25.00 | 583 | 02/11/12 | BUCS Swimming (25m) Championships 2012 | Sheffield | BUC006 | 2 |
| 100 Freestyle | 52.95 | 54.50 | 607 | 03/11/12 | BUCS Swimming (25m) Championships 2012 | Sheffield | BUC006 | 2 |
| 200 Freestyle | 2:04.61 | 2:07.40 | 507 | 04/11/12 | BUCS Swimming (25m) Championships 2012 | Sheffield | BUC006 | 2 |
| 50 Butterfly | 26.74 | 27.40 | 538 | 06/02/16 | MCASA County Championships 2016 | Barnet | LR160281 | 2 |
| 100 Butterfly | 58.34 | 59.60 | 549 | 14/11/15 | National Arena League-London Div1&2 Rounds123 | Braintree | ER152116 | 3 |
| 50 Backstroke | 29.34 | 30.00 | 427 | 06/02/16 | MCASA County Championships 2016 | Barnet | LR160281 | 2 |