

Individual Best Times (All Time)

Thomas Rowlands - (860482) - City of Chester Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	26.58	25.80	486	23/07/16	City of Sheffield Swim Squad Summer Meet 2016	Sheffield	NE160211	3
100 Freestyle	59.32	57.90	492	23/07/16	City of Sheffield Swim Squad Summer Meet 2016	Sheffield	NE160211	3
200 Freestyle	2:31.12	2:28.80	307	29/06/14	Co of Leeds B Grade Meet	Leeds	NE14031	3
400 Freestyle	5:52.53	5:48.50	243	22/12/12	City of Leeds Xmas Grand Prix 2012	Leeds	NE2378	1
50 Breaststroke	35.19	34.30	401	23/07/16	City of Sheffield Swim Squad Summer Meet 2016	Sheffield	NE160211	3
100 Breaststroke	1:18.80	1:17.20	376	24/07/16	City of Sheffield Swim Squad Summer Meet 2016	Sheffield	NE160211	3
50 Butterfly	30.45	29.80	391	24/07/16	City of Sheffield Swim Squad Summer Meet 2016	Sheffield	NE160211	3
100 Butterfly	1:39.54	1:38.80	122	23/06/13	City of Liverpool Summer Sprints	Liverpool	NW3386	3
50 Backstroke	31.27	30.60	427	24/07/16	City of Sheffield Swim Squad Summer Meet 2016	Sheffield	NE160211	3
100 Backstroke	1:08.88	1:07.70	420	24/07/16	City of Sheffield Swim Squad Summer Meet 2016	Sheffield	NE160211	3
200 Backstroke	2:48.16	2:46.20	294	28/06/14	Co of Leeds B Grade Meet	Leeds	NE14031	3
200 Individual Medley	2:32.49	2:29.90	417	23/07/16	City of Sheffield Swim Squad Summer Meet 2016	Sheffield	NE160211	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.44	27.20	443	20/03/16	Wirral Metro Spring Meet 2016 (L3)	Birkenhead	NW160270	3
100 Freestyle	58.84	1:00.20	442	20/12/15	Wirral Metro Christmas Level 3 Gala 2015	Birkenhead	NW152274	3
200 Freestyle	2:12.88	2:15.50	418	06/02/16	Cheshire County Championships 2016	Macclesfield	NW160012	2
400 Freestyle	5:32.97	5:37.20	259	13/07/13	Wirral Metro L3 Meet	Birkenhead	NW3352	3
50 Breaststroke	35.65	36.50	342	20/12/15	Wirral Metro Christmas Level 3 Gala 2015	Birkenhead	NW152274	3
100 Breaststroke	1:30.09	1:31.50	231	13/07/14	Wirral Metro Summer Open Meet	Birkenhead	NW4118	3
200 Breaststroke	3:17.30	3:20.00	225	12/07/14	Wirral Metro Summer Open Meet	Birkenhead	NW4118	3
50 Butterfly	29.98	30.60	381	07/11/15	ASA North West Region Winter Championships	Liverpool	NW151659	2
100 Butterfly	1:19.71	1:20.70	215	07/06/15	Wrexham Cath Ankers Meet 2015	Wrexham	WL150748	3
50 Backstroke	31.40	32.00	349	08/11/15	ASA North West Region Winter Championships	Liverpool	NW151659	2
100 Backstroke	1:07.80	1:09.00	362	23/01/16	Cheshire County Championships 2016	Macclesfield	NW160011	2
200 Backstroke	2:41.83	2:43.90	278	04/05/14	Wrexham 11th Spring Meet	Wrexham	WAL564	2
200 Individual Medley	2:27.22	2:29.90	412	07/02/16	Cheshire County Championships 2016	Macclesfield	NW160012	2
100 Individual Medley	1:10.68	1:10.70	338	04/10/15	Wirral Metro Autumn Open Meet	Birkenhead	NW150534	2