

Individual Best Times (All Time)

Thomas Plant - (876068) - City of Cambridge SC

Long Course

| Stroke | LC Time | Converted to SC | LC WA Pts | Date | Meet | Venue | Licence | Level |
|-----------------------|----------|-----------------|-----------|----------|---|-----------|----------|-------|
| 50 Freestyle | 28.64 | 27.90 | 389 | 29/07/19 | Swim Wales Summer Nationals | Swansea | WL190050 | 1 |
| 100 Freestyle | 1:01.95 | 1:00.60 | 432 | 30/07/18 | Swim Wales Summer Nationals | Swansea | WL180091 | 1 |
| 200 Freestyle | 2:14.04 | 2:11.40 | 440 | 03/02/19 | Yorkshire County Championships | Leeds | NE190127 | 1 |
| 400 Freestyle | 5:16.65 | 5:12.20 | 335 | 25/03/16 | Swim Wales Long Course Championships | Swansea | WL160019 | 1 |
| 1500 Freestyle | 21:31.20 | 21:15.10 | 306 | 09/01/16 | City of Leeds New Year Meet 2016 | Leeds | NE160165 | 3 |
| 50 Breaststroke | 35.68 | 34.80 | 384 | 23/02/19 | Yorkshire County Championships | Sheffield | NE190129 | 1 |
| 100 Breaststroke | 1:17.72 | 1:16.10 | 391 | 13/07/19 | Richmond Dales Summer Madness Gala 2019 | Leeds | NE191610 | 3 |
| 200 Breaststroke | 2:50.11 | 2:47.00 | 401 | 04/05/19 | Swim England North East Region Championships (50) | Sheffield | NE190135 | 1 |
| 50 Butterfly | 30.00 | 29.40 | 409 | 31/07/19 | Swim Wales Summer Nationals | Swansea | WL190050 | 1 |
| 100 Butterfly | 1:06.45 | 1:05.30 | 412 | 01/08/19 | Swim Wales Summer Nationals | Swansea | WL190050 | 1 |
| 200 Butterfly | 2:35.03 | 2:33.00 | 360 | 30/07/19 | Swim Wales Summer Nationals | Swansea | WL190050 | 1 |
| 50 Backstroke | 31.20 | 30.60 | 430 | 01/08/19 | Swim Wales Summer Nationals | Swansea | WL190050 | 1 |
| 100 Backstroke | 1:06.20 | 1:05.00 | 473 | 30/07/19 | Swim Wales Summer Nationals | Swansea | WL190050 | 1 |
| 200 Backstroke | 2:22.00 | 2:19.60 | 489 | 31/07/19 | Swim Wales Summer Nationals | Swansea | WL190050 | 1 |
| 200 Individual Medley | 2:28.86 | 2:26.20 | 449 | 29/07/19 | Swim Wales Summer Nationals | Swansea | WL190050 | 1 |
| 400 Individual Medley | 5:14.40 | 5:08.80 | 458 | 09/02/19 | Yorkshire County Championships | Leeds | NE190128 | 1 |

Short Course

| Stroke | SC Time | Converted to LC | SC WA Pts | Date | Meet | Venue | License | Level |
|-----------------------|----------|-----------------|-----------|----------|--|-----------------|----------|-------|
| 50 Freestyle | 27.85 | 28.60 | 379 | 05/01/20 | Harrogate Janus Meet | Harrogate Hydro | NE200095 | 3 |
| 100 Freestyle | 59.68 | 1:01.10 | 424 | 16/06/19 | Harrogate Summer A Grade Meet | Harrogate | NE190473 | 3 |
| 200 Freestyle | 2:09.11 | 2:11.80 | 455 | 16/06/19 | Harrogate Summer A Grade Meet | Harrogate | NE190473 | 3 |
| 400 Freestyle | 4:36.14 | 4:41.20 | 454 | 06/01/19 | HARROGATE JANUS A & B GRADE MEET | HARROGATE | NE190225 | 3 |
| 800 Freestyle | 9:45.73 | 9:55.50 | 433 | 11/11/19 | Harrogate Club Championships | Harrogate | NE193035 | 4 |
| 1500 Freestyle | 18:48.33 | 19:06.50 | 422 | 08/10/18 | Harrogate District Club Championships | Harrogate Hydro | NE182319 | 4 |
| 50 Breaststroke | 34.24 | 35.10 | 386 | 03/06/19 | Harrogate District SC Summer Club Championships | Harrogate Hydro | NE192013 | 4 |
| 100 Breaststroke | 1:14.91 | 1:16.60 | 401 | 22/09/19 | Billingham ASC Autumn Meet 2019 | Billingham | NE191138 | 3 |
| 200 Breaststroke | 2:41.49 | 2:44.70 | 411 | 22/09/19 | Billingham ASC Autumn Meet 2019 | Billingham | NE191138 | 3 |
| 50 Butterfly | 29.51 | 30.10 | 400 | 06/10/20 | Harrogate District Swimming Club | Harrogate Hydro | LEX008 | 0 |
| 100 Butterfly | 1:06.80 | 1:07.90 | 365 | 06/01/19 | HARROGATE JANUS A & B GRADE MEET | HARROGATE | NE190225 | 3 |
| 200 Butterfly | 2:33.03 | 2:35.10 | 340 | 21/09/19 | Billingham ASC Autumn Meet 2019 | Billingham | NE191138 | 3 |
| 50 Backstroke | 31.09 | 31.70 | 359 | 24/06/19 | Harrogate District SC Summer Club Championships | Harrogate Hydro | NE192014 | 4 |
| 100 Backstroke | 1:05.47 | 1:06.70 | 402 | 05/01/20 | Harrogate Janus Meet | Harrogate Hydro | NE200095 | 3 |
| 200 Backstroke | 2:18.39 | 2:20.80 | 444 | 22/09/19 | Billingham ASC Autumn Meet 2019 | Billingham | NE191138 | 3 |
| 200 Individual Medley | 2:23.50 | 2:26.20 | 445 | 20/10/18 | Yorkshire Winter Competition | Sheffield | NE182206 | 2 |
| 400 Individual Medley | 5:12.17 | 5:17.70 | 425 | 29/10/17 | ASA North East Region Age Group Championships | Sunderland | NE172046 | 2 |
| 100 Individual Medley | 1:06.41 | 1:06.40 | 408 | 07/03/20 | York City Baths Club Spring Swim Extravaganza 2020 | Leeds | NE200161 | 3 |