

# Individual Best Times (All Time)

Jake Thomas-Mansfield - (882619) - West Suffolk Swimming Club

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	25.47	24.60	553	01/05/22	SE East Region Long Course Championships 2022	Norwich	ER220677	1
100 Freestyle	55.05	53.50	616	14/05/17	Northampton 2017 Long Course Spring Festival	Corby	EM170338	1
200 Freestyle	2:00.71	1:57.80	603	01/08/16	ASA Summer Nationals 2016	Sheffield	ASA149	1
400 Freestyle	4:19.62	4:14.20	609	18/12/16	Northampton Winter Festival	Corby	EM161800	3
800 Freestyle	10:34.76	10:25.60	361	18/02/12	Suffolk County Championships	Norwich	CC2049	1
1500 Freestyle	18:49.66	18:31.20	458	09/03/14	Cambridgeshire ASA County Championships	Corby	CC4112	1
50 Breaststroke	32.12	31.10	527	29/03/24	City of Norwich Easter Meet 2024	Norwich	ER240267	1
100 Breaststroke	1:14.19	1:12.50	450	30/04/22	SE East Region Long Course Championships 2022	Norwich	ER220677	1
50 Butterfly	26.18	25.40	615	02/05/22	SE East Region Long Course Championships 2022	Norwich	ER220677	1
100 Butterfly	57.67	56.30	630	15/02/20	Speedo and BUCS Long Course Swimming Champs 2020	Sheffield	NE200500	1
200 Butterfly	2:06.33	2:03.80	666	03/08/19	Swim England National Summer Meet	Sheffield	ENG014	1
50 Backstroke	29.79	29.10	494	04/05/19	Swim England East Region Long Course Champs	Inspire Luton	ER190178	1
100 Backstroke	1:05.12	1:03.90	497	27/03/16	UEA City of Norwich Easter Long Course Meet	Norwich	ER160218	1
200 Backstroke	2:22.03	2:19.70	489	03/05/15	ASA East Region Summer Championships Weekend 1	Luton	ER150672	1
200 Individual Medley	2:17.28	2:14.40	572	22/10/17	Nova Centurion SC October Level 1 Open Meet	Nottingham	EM170475	1
400 Individual Medley	5:41.41	5:36.20	358	01/06/13	BGASA East Region Age Group Champs	Norwich	ERX313	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	24.52	25.40	555	06/11/21	SE East Region Short Course Championships	Luton	ER211117	2
100 Freestyle	53.61	55.10	585	05/11/23	SE East Region Short Course Championships 2023	Luton	ER231769	2
200 Freestyle	1:57.54	2:00.40	604	30/01/22	Swim England Suffolk County Championships 2022	Ipswich	ER220169	2
400 Freestyle	4:11.42	4:16.90	601	26/02/17	Suffolk County ASA Championships 2017	Ipswich	ER170396	2
800 Freestyle	9:03.34	9:13.90	543	11/12/22	West Suffolk SC Long Distance Club Champs 2022	Haverhill	ER222425	4
1500 Freestyle	16:59.97	17:20.00	572	21/01/17	Norfolk ASA County Championships 2017	Norfolk	ER170328	2
50 Breaststroke	31.31	32.30	506	06/11/22	SE East Region Short Course Championships 2022	Luton	ER221639	2
100 Breaststroke	1:07.87	1:09.70	540	05/11/22	SE East Region Short Course Championships 2022	Luton	ER221639	2
200 Breaststroke	2:35.15	2:38.50	464	20/03/22	Newmarket & District Spring Open Meet 2022	Newmarket	ER220252	3
50 Butterfly	25.50	26.20	620	21/11/21	BUCS Short Course Swimming	Sheffield	NE210935	2
100 Butterfly	55.72	57.10	630	03/12/21	Swim England National Winter Championships (25m)	Sheffield	ENG020	2
200 Butterfly	2:05.23	2:07.70	621	21/11/21	BUCS Short Course Swimming	Sheffield	NE210935	2
50 Backstroke	27.81	28.50	502	06/11/22	SE East Region Short Course Championships 2022	Luton	ER221639	2
100 Backstroke	1:01.11	1:02.40	494	19/03/22	Newmarket & District Spring Open Meet 2022	Newmarket	ER220252	3
200 Backstroke	2:16.15	2:18.60	466	20/03/22	Newmarket & District Spring Open Meet 2022	Newmarket	ER220252	3
200 Individual Medley	2:10.65	2:13.60	590	10/12/22	National Arena League - East Mids - Round 3 2022	Grantham	EM222511	3
400 Individual Medley	4:57.01	5:02.90	494	02/10/15	Cambridge L2 Regional & National SC Qualifier	Cambridge	ER150482	2
100 Individual Medley	1:00.43	1:00.40	542	17/10/21	City of Birmingham Winter Open Meet	Birmingham	WM210177	2