

Individual Best Times (All Time)

Christopher Thomas - (928345) - Dinnaton SC

Long Course

| Stroke | LC Time | Converted to SC | LC WA Pts | Date | Meet | Venue | Licence | Level |
|-----------------------|---------|-----------------|-----------|----------|---|----------|----------|-------|
| 50 Freestyle | 27.02 | 26.20 | 463 | 18/01/24 | Devon County Age Group Championships 2024 | Plymouth | SW240142 | 1 |
| 100 Freestyle | 1:00.91 | 59.50 | 455 | 15/01/24 | Devon County Age Group Championships 2024 | Plymouth | SW240141 | 1 |
| 200 Freestyle | 2:28.68 | 2:26.30 | 322 | 15/03/20 | The Plymouth Leander Spring Regional LC Qualifier | Plymouth | SW200025 | 1 |
| 400 Freestyle | 5:25.11 | 5:20.80 | 310 | 27/05/19 | Plymouth Leander National Qualifier L1 LC Open | Plymouth | SW191273 | 1 |
| 50 Breaststroke | 36.54 | 35.70 | 358 | 17/01/23 | Devon County Championships 2023 | Plymouth | SW230242 | 1 |
| 100 Breaststroke | 1:21.99 | 1:20.40 | 333 | 09/07/23 | Plymouth Leander Summer L3 Long Course Open 2023 | Plymouth | SW231265 | 3 |
| 200 Breaststroke | 4:04.70 | 4:02.50 | 134 | 23/07/16 | Plymouth Leander Summer L3 LC Open | Plymouth | SW160580 | 3 |
| 50 Backstroke | 33.36 | 32.80 | 351 | 12/03/22 | Plymouth Leander Early Spring National Qualifier | Plymouth | SW220266 | 1 |
| 100 Backstroke | 1:10.56 | 1:09.40 | 391 | 17/01/23 | Devon County Championships 2023 | Plymouth | SW230242 | 1 |
| 200 Backstroke | 3:24.59 | 3:22.90 | 163 | 24/07/16 | Plymouth Leander Summer L3 LC Open | Plymouth | SW160580 | 3 |
| 200 Individual Medley | 3:40.41 | 3:38.60 | 138 | 24/07/16 | Plymouth Leander Summer L3 LC Open | Plymouth | SW160580 | 3 |

Short Course

| Stroke | SC Time | Converted to LC | SC WA Pts | Date | Meet | Venue | License | Level |
|-----------------------|----------|-----------------|-----------|----------|--|-----------|----------|-------|
| 50 Freestyle | 25.65 | 26.40 | 485 | 17/03/24 | Caradon & Dinnaton Two Counties 2024 | Plymouth | SW240204 | 3 |
| 100 Freestyle | 58.33 | 59.70 | 454 | 20/11/23 | Dawlish Firecracker 2023 | Plymouth | SW231525 | 3 |
| 200 Freestyle | 2:12.31 | 2:14.90 | 423 | 02/04/23 | Yeovil & District SC Spring Fling 2023 | Millfield | SW230476 | 3 |
| 400 Freestyle | 4:53.11 | 4:57.90 | 379 | 01/10/22 | City of Plymouth Annual Swim Meet 2022 | Plymouth | SW221418 | 3 |
| 800 Freestyle | 10:46.93 | 10:55.80 | 322 | 09/06/19 | Devon County Developments 2019 | Plymouth | SW191626 | 3 |
| 1500 Freestyle | 21:24.66 | 21:40.70 | 286 | 07/10/19 | City of Plymouth SE Annual Swim Meet 2019 | Plymouth | SW191825 | 3 |
| 50 Breaststroke | 35.25 | 36.10 | 354 | 30/09/23 | City of Plymouth Annual Swim Meet 2023 | Plymouth | SW231295 | 3 |
| 100 Breaststroke | 1:18.31 | 1:19.90 | 351 | 27/02/22 | Devon County ASA InterClub 2022 | Plymouth | SW220236 | 3 |
| 200 Breaststroke | 2:57.39 | 3:00.30 | 310 | 20/03/22 | Caradon SC & Dinnaton SC Two Counties | Plymouth | SW220232 | 3 |
| 50 Butterfly | 30.89 | 31.50 | 349 | 17/03/24 | Caradon & Dinnaton Two Counties 2024 | Plymouth | SW240204 | 3 |
| 50 Backstroke | 31.75 | 32.40 | 337 | 18/03/23 | Two Counties Spring Open Meet 2023 | Plymouth | SW230090 | 3 |
| 100 Backstroke | 1:08.84 | 1:10.00 | 346 | 12/12/23 | Plymouth Leander Christmas Open SC L3 2023 | Plymouth | SW232227 | 3 |
| 200 Backstroke | 2:28.36 | 2:30.60 | 360 | 09/07/22 | Dinnaton SC Summer Open Meet 2022 | Plymouth | SW221052 | 3 |
| 200 Individual Medley | 2:46.18 | 2:48.50 | 287 | 25/06/21 | Dinnaton | McCaulays | LEX3466 | 0 |
| 100 Individual Medley | 1:11.63 | 1:11.60 | 325 | 03/12/22 | Plymouth Leander Xmas SC Level 3 Meet 2022 | Plymouth | SW222145 | 3 |