

# Individual Best Times (All Time)

Thomas Allen - (1169131) - Lancing College Swimming Club

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	45.19	44.70	99	15/11/14	Crawley Not so Early Bird Gala	Crawley	SE4992	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.43	31.10	290	01/12/19	Guildford City Swimming Club County Qualifier	Spectrum LC	SE191743	3
100 Freestyle	1:07.63	1:08.90	291	22/06/19	English Schools Swimming Association Summer Open	Crawley	SE190451	3
200 Freestyle	2:29.92	2:32.20	291	11/01/20	Tom Handley Open Meet	Prince Regent	SE200117	3
400 Freestyle	6:00.68	6:04.60	203	17/09/17	2017 Shiverers Club Championships	Lancing College	SE172141	4
800 Freestyle	11:33.88	11:42.20	260	11/01/19	Brighton Dolphins Long Distance Club Trials 2019	Lancing	SE190494	4
50 Breaststroke	40.98	41.70	225	14/09/19	Brighton SC Ken Deeley	Brighton	SE191668	3
100 Breaststroke	1:39.99	1:41.20	168	22/04/18	East Grinstead Spring Sprint Meet	Crawley	SE180064	3
200 Breaststroke	3:33.11	3:35.60	179	13/01/19	Brighton SC Tom Handley Open Meet	Prince Regent	SE190173	3
50 Butterfly	32.78	33.40	292	22/06/19	English Schools Swimming Association Summer Open	Crawley	SE190451	3
100 Butterfly	1:18.96	1:19.90	221	12/01/19	Brighton SC Tom Handley Open Meet	Prince Regent	SE190173	3
50 Backstroke	34.41	35.00	265	24/11/20	Lancing College SC	Lancing College	LEX631	0
100 Backstroke	1:16.98	1:18.00	247	22/06/19	English Schools Swimming Association Summer Open	Crawley	SE190451	3
200 Backstroke	2:45.70	2:47.70	259	23/06/19	English Schools Swimming Association Summer Open	Crawley	SE190451	3
200 Individual Medley	2:52.79	2:55.10	255	23/06/19	English Schools Swimming Association Summer Open	Crawley	SE190451	3
100 Individual Medley	1:18.94	1:18.90	243	24/11/20	Lancing College SC	Lancing College	LEX631	0