

Individual Best Times (All Time)

Tom Arrowsmith - (309059) - Staines Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
100 Freestyle	1:10.36	1:09.20	295	19/01/08	Rushmoor Royals New Year	Aldershot	SE8060	3
200 Freestyle	2:33.65	2:31.40	292	19/01/08	Rushmoor Royals New Year	Aldershot	SE8060	3
50 Butterfly	37.25	36.70	213	19/01/08	Rushmoor Royals New Year	Aldershot	SE8060	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.67	28.40	386	25/02/12	Middlesex County Championships	Enfield	CC2082	2
100 Freestyle	1:00.76	1:02.10	401	05/02/11	Hatfield Uk Challenge Valentines Meet 2011	Hatfield	ER1133	2
200 Freestyle	2:32.37	2:34.60	277	20/10/07	Middlesex Development	Enfield	LR7314	4
50 Breaststroke	37.28	38.10	299	13/02/10	Hatfield Valentine Meet	Hertfordshire SV	ER0146	2
100 Breaststroke	1:22.79	1:24.30	297	18/10/09	Staines Club Champs	East Molesey	SE9734	4
50 Butterfly	30.17	30.80	374	22/09/12	Staines Club Championship	Spelthorne	SE2521	4
100 Butterfly	1:09.06	1:10.20	331	24/09/12	Staines Club Championship	Spelthorne	SE2521	4
50 Backstroke	33.19	33.80	295	18/07/10	Fareham Nomads Open	Southampton	SE0062	3
200 Individual Medley	2:30.86	2:33.50	383	18/07/10	Fareham Nomads Open	Southampton	SE0062	3
100 Individual Medley	1:09.38	1:09.40	358	15/05/10	Guildford City Open Meet	Guildford	SE0092	2