

Individual Best Times (All Time)

Alfie Lawrence - (1219568) - Staines Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.38	27.60	399	17/03/24	Bracknell & Wokingham Regional Qualifier Meet 2024	Aldershot	SE240043	3
100 Freestyle	1:02.94	1:01.60	412	26/02/22	Rushmoor Royals February Regional Qualifier	Aldershot Garrison	SE220362	3
200 Freestyle	2:12.15	2:09.50	459	24/09/23	Crawley SC Lis Hartley Open Meet L3 2023	Crawley	SE231515	3
400 Freestyle	4:36.50	4:31.40	504	03/12/22	RRSC Last Chance County Qualifier 22	Aldershot	SE222310	3
800 Freestyle	9:23.87	9:13.50	515	28/01/24	2024 Middlesex County Championships	London	LR240186	1
1500 Freestyle	17:59.72	17:40.50	524	28/04/23	SE South East Region Summer Championships 2023	Wycombe	SE230799	1
50 Breaststroke	44.85	44.10	193	08/12/19	Windsor SC Long Course L3 Open Meet	Aldershot	SE193115	3
50 Butterfly	29.98	29.30	409	16/03/24	Bracknell & Wokingham Regional Qualifier Meet 2024	Aldershot	SE240043	3
100 Butterfly	1:08.05	1:06.90	383	24/09/22	Lis Hartley L3 Open Meet Crawley 2022	K2 Crawley	SE221387	3
200 Butterfly	2:30.24	2:28.10	396	04/05/24	SE South East Region LC Championships 2024	High Wycombe	SE240686	1
100 Backstroke	1:13.76	1:12.70	342	05/02/22	MIDDX County Championships 2022	Hillingdon LC	LR220143	1
200 Backstroke	2:36.32	2:34.20	367	06/02/22	MIDDX County Championships 2022	Hillingdon LC	LR220143	1
200 Individual Medley	2:34.03	2:31.40	405	03/12/22	RRSC Last Chance County Qualifier 22	Aldershot	SE222310	3
400 Individual Medley	5:19.85	5:14.30	435	04/12/22	RRSC Last Chance County Qualifier 22	Aldershot	SE222310	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.71	28.50	385	25/02/24	Borough of Harrow Regional Qualifier 2024	Hendon	LR240172	3
100 Freestyle	59.46	1:00.80	428	13/04/24	Rushmoor Royals Sprint Open Meet April 2024	Fleet	SE240422	3
200 Freestyle	2:08.94	2:11.60	457	19/11/22	The Royals Autumn Open Meet 2022	Walton-on-Thames	LR221183	3
400 Freestyle	4:28.05	4:33.20	496	29/10/23	City of Oxford SC Halloween Meet 2023	Leys LC	SE231696	3
800 Freestyle	9:18.48	9:28.70	500	09/12/22	Staines SC Club Champs Distance Meet 2022	Spelthorne	SE222470	4
1500 Freestyle	17:30.13	17:49.60	524	07/11/21	SE South East Open/Junior Swimming Championships	Winchester	SE211170	2
50 Breaststroke	37.19	38.00	301	10/12/23	Woking SC December Dasher 2023	Woking	SE232412	3
100 Breaststroke	1:27.52	1:29.00	251	06/03/22	Atlantis SC Splash n Dash 2022	Horsham	SE220034	3
200 Breaststroke	3:13.24	3:16.00	240	10/05/21	Staines Swimming Club	Egham Orbit	LEX1179	0
50 Butterfly	29.76	30.40	390	13/04/24	Rushmoor Royals Sprint Open Meet April 2024	Fleet	SE240422	3
100 Butterfly	1:06.05	1:07.20	378	11/11/23	National Arena Swimming League - London 2023	Hatfield	ER231480	3
200 Butterfly	2:25.56	2:27.70	395	02/10/22	Rushmoor Royals SC Autumn Open Meet 2022	Aldershot	SE222022	3
50 Backstroke	33.15	33.80	296	24/02/24	Borough of Harrow Regional Qualifier 2024	Hendon	LR240172	3
100 Backstroke	1:10.34	1:11.50	324	18/06/23	Staines SC Club Champs 2023	St George's Ascot	SE231365	4
200 Backstroke	2:28.07	2:30.30	363	29/10/23	City of Oxford SC Halloween Meet 2023	Leys LC	SE231696	3
200 Individual Medley	2:28.65	2:31.30	401	20/11/22	The Royals Autumn Open Meet 2022	Walton-on-Thames	LR221183	3
400 Individual Medley	5:13.42	5:19.00	420	02/12/23	Teddington Winter County Qualifier Open Meet 2023	Xcel Leisure, Walton	LR231700	3
100 Individual Medley	1:11.72	1:11.70	324	06/03/22	Atlantis SC Splash n Dash 2022	Horsham	SE220034	3