

Individual Best Times (All Time)

Harriet Larwood - (1374284) - Woking SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	33.70	33.10	343	02/04/22	Bracknell & Wokingham SC Regional Qualifier Meet	Aldershot Garrison	SE220327	3
100 Freestyle	1:11.37	1:10.20	380	03/04/22	Bracknell & Wokingham SC Regional Qualifier Meet	Aldershot Garrison	SE220327	3
200 Freestyle	2:26.07	2:23.70	461	25/03/23	The Winchester Spring Qualifier 2023	Winchester	SE230179	1
400 Freestyle	5:01.02	4:56.30	478	04/02/24	Surrey Age Group Championships 2024	Guildford	SE240477	1
800 Freestyle	10:40.04	10:30.90	434	21/01/24	Surrey Age Group Championships 2024	Guildford	SE240476	1
1500 Freestyle	19:46.58	19:29.10	466	03/02/24	Surrey Age Group Championships 2024	Guildford	SE240477	1
100 Breaststroke	2:00.22	1:59.20	151	07/03/20	WSC LC Level 3 Regional Chaser Open Meet	Surrey Sports Park	SE200552	3
100 Butterfly	1:18.26	1:17.30	356	03/02/24	Surrey Age Group Championships 2024	Guildford	SE240477	1
200 Individual Medley	2:53.19	2:50.90	386	02/07/22	English Schools SA Summer Open Meet	Crawley	SE220702	3
400 Individual Medley	6:03.29	5:58.40	391	02/07/22	English Schools SA Summer Open Meet	Crawley	SE220702	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.13	31.80	399	08/10/23	Woking SC Club Champs 2023	Woking	SE231775	4
100 Freestyle	1:07.04	1:08.30	421	25/06/23	Woking Invitational Gala	Woking	SE231043	4
200 Freestyle	2:21.38	2:23.80	474	02/07/23	Woking SC Club Champs 2023	Woking	SE231096	4
400 Freestyle	4:55.39	5:00.10	480	28/11/23	Woking SC Club Champs 2023	Woking	SE231777	4
800 Freestyle	10:10.43	10:19.80	478	10/06/23	Kingston, Woking & Elmbridge Inter-club Champs 23	Walton-on-thames	LR231281	4
1500 Freestyle	19:32.53	19:50.00	464	15/06/24	Kingston Royals Long Distance Club Championships	Guildford	LR241093	4
50 Breaststroke	41.61	42.40	316	08/10/23	Woking SC Club Champs 2023	Woking	SE231775	4
100 Breaststroke	1:30.80	1:32.20	323	05/11/23	Woking SC Club Champs 2023	Woking	SE231776	4
200 Breaststroke	3:05.40	3:08.20	382	19/11/23	Kingston Royal Autumn Open Meet 2023	Elmbridge Xcel	LR231514	3
50 Butterfly	34.22	34.80	361	10/12/23	Woking SC December Dasher 2023	Woking	SE232412	3
100 Butterfly	1:15.70	1:16.70	363	10/12/23	Woking SC December Dasher 2023	Woking	SE232412	3
200 Butterfly	2:49.63	2:51.50	350	02/07/23	Woking SC Club Champs 2023	Woking	SE231096	4
50 Backstroke	38.62	39.10	279	11/12/22	Woking SC December Dasher Meet 2022	Woking	SE222149	3
100 Backstroke	1:20.11	1:21.10	321	05/11/23	Woking SC Club Champs 2023	Woking	SE231776	4
200 Backstroke	2:46.34	2:48.30	365	23/06/24	Woking SC Club Champs 2024	Woking	SE241515	4
200 Individual Medley	2:43.26	2:45.70	415	08/10/23	Woking SC Club Champs 2023	Woking	SE231775	4
400 Individual Medley	5:39.97	5:45.10	441	19/03/24	Woking SC Club Champs 2024	Woking	SE240682	4
100 Individual Medley	1:17.11	1:17.10	393	19/05/24	Woking SC Octopus Meet 2024	Woking	SE240809	3