

Individual Best Times (All Time)

Elliot Lawton - (1422344) - City of Coventry SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	25.72	24.90	537	05/05/24	SE West Midland Summer Championships 2024	Birmingham	WM240648	1
100 Freestyle	55.68	54.20	596	09/03/24	City of Sheffield SS Premier Open Meet 2024	Sheffield	NE240033	1
200 Freestyle	1:58.74	1:55.80	633	04/05/24	SE West Midland Summer Championships 2024	Birmingham	WM240648	1
400 Freestyle	4:10.69	4:05.00	676	28/04/24	SE West Midland Summer Championships 2024	Birmingham	WM240647	1
800 Freestyle	8:42.17	8:31.00	649	27/04/24	SE West Midland Summer Championships 2024	Birmingham	WM240647	1
1500 Freestyle	16:41.30	16:20.50	658	08/03/24	City of Sheffield SS Premier Open Meet 2024	Sheffield	NE240033	1
50 Breaststroke	35.81	34.90	380	14/01/24	City of Coventry 2023 Club Championships	Coventry	WM240329	4
100 Breaststroke	1:28.25	1:26.80	267	23/01/22	Warwickshire Swimming Championships	Coventry	WM220016	1
200 Breaststroke	3:16.43	3:13.70	260	08/02/20	Warwickshire ASA Chanlpionships	Coventry	WM200116	1
50 Butterfly	29.81	29.20	416	14/01/24	City of Coventry 2023 Club Championships	Coventry	WM240329	4
100 Butterfly	1:03.35	1:02.10	475	04/02/24	Warwickshire County ASA 2024 County Championships	Coventry	WM240114	1
200 Butterfly	2:17.46	2:15.10	517	27/04/24	SE West Midland Summer Championships 2024	Birmingham	WM240647	1
50 Backstroke	30.60	29.90	455	21/01/24	Warwickshire County ASA 2024 County Championships	Coventry	WM240113	1
100 Backstroke	1:03.08	1:01.80	547	04/05/24	SE West Midland Summer Championships 2024	Birmingham	WM240648	1
200 Backstroke	2:12.39	2:09.90	604	06/05/24	SE West Midland Summer Championships 2024	Birmingham	WM240648	1
200 Individual Medley	2:19.52	2:16.70	545	14/01/24	City of Coventry 2023 Club Championships	Coventry	WM240329	4
400 Individual Medley	4:50.89	4:44.80	579	06/05/24	SE West Midland Summer Championships 2024	Birmingham	WM240648	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	25.54	26.30	491	02/12/23	City of Coventry Winter Meet 2023	Coventry	WM231042	3
100 Freestyle	54.36	55.90	561	29/06/24	City of Coventry SC Club Championships 2024	Coventry	WM241392	4
200 Freestyle	1:57.09	2:00.00	611	16/12/23	Swim England Winter Championships 2023	Sheffield	ENG029	2
400 Freestyle	4:05.96	4:11.60	642	17/12/23	Swim England Winter Championships 2023	Sheffield	ENG029	2
800 Freestyle	8:29.79	8:41.00	658	14/12/23	Swim England Winter Championships 2023	Sheffield	ENG029	2
1500 Freestyle	16:15.57	16:36.40	654	19/11/23	NOVA Centurion November Meet 2023	Nottingham	EM231063	2
50 Breaststroke	34.28	35.20	385	02/12/23	City of Coventry Winter Meet 2023	Coventry	WM231042	3
100 Breaststroke	1:25.61	1:27.10	269	02/04/22	Co Coventry SC John Hughes Regional Qualifier L3	Coventry	WM220263	3
200 Breaststroke	3:19.91	3:22.50	217	21/12/19	Hillingdon The Fast and The Festive FINIS Meet	Hillingdon	LR192991	2
50 Butterfly	34.43	35.00	252	13/06/21	City of Coventry	Alan Higgs	LEX3188	0
100 Butterfly	1:03.34	1:04.50	429	07/10/23	Coventry & District October Meet 2023	Coventry	WM231380	3
200 Butterfly	2:27.18	2:29.30	382	15/10/22	Cambridge Grand Prix	Cambridge	ER221406	2
50 Backstroke	29.80	30.50	408	21/10/23	City of Birmingham Winter Open Meet 2023	Birmingham	WM230773	2
100 Backstroke	59.94	1:01.30	524	29/06/24	City of Coventry SC Club Championships 2024	Coventry	WM241392	4
200 Backstroke	2:11.55	2:14.10	517	16/12/23	Swim England Winter Championships 2023	Sheffield	ENG029	2
200 Individual Medley	2:16.67	2:19.50	516	18/11/23	NOVA Centurion November Meet 2023	Nottingham	EM231063	2
400 Individual Medley	4:55.41	5:01.30	502	21/10/23	City of Birmingham Winter Open Meet 2023	Birmingham	WM230773	2
100 Individual Medley	1:33.32	1:33.30	147	14/10/18	Coventry & District Primary Galas 2018	Nuneaton	WM181695	3