

Individual Best Times (All Time)

Laila Lawrenson - (1427286) - Preston Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.56	29.90	461	02/04/23	City Of Liverpool National Meet 2023	Liverpool	NW230626	1
100 Freestyle	1:04.62	1:03.30	512	28/01/24	Lancashire County Championships 2024	Manchester	NW240296	1
200 Freestyle	2:20.95	2:18.50	513	06/04/24	Derby Excel April Meet	Sheffield	EM240430	1
400 Freestyle	4:58.05	4:53.30	492	27/01/24	Lancashire County Championships 2024	Manchester	NW240296	1
800 Freestyle	10:13.32	10:03.80	493	27/01/24	Lancashire County Championships 2024	Manchester	NW240296	1
1500 Freestyle	19:58.52	19:41.20	453	13/05/23	SE North West Regional Summer Championships 2023	Liverpool	NW230691	1
50 Breaststroke	38.64	37.80	429	27/01/24	Lancashire County Championships 2024	Manchester	NW240296	1
100 Breaststroke	1:26.02	1:24.50	414	05/02/23	Lancashire County Age Groups & Championships 2023	Liverpool	NW230072	1
200 Breaststroke	3:04.70	3:01.80	413	13/05/23	SE North West Regional Summer Championships 2023	Liverpool	NW230691	1
50 Butterfly	34.65	34.10	350	31/03/24	Liverpool National Qualifier Meet 2024	Liverpool	NW240301	1
100 Butterfly	1:17.34	1:16.40	369	08/07/23	Richmond Dales ASC Summer Madness Gala 2023	Leeds	NE231141	3
50 Backstroke	32.53	31.90	562	28/01/24	Lancashire County Championships 2024	Manchester	NW240296	1
100 Backstroke	1:09.68	1:08.50	556	06/08/23	Swim England National Summer Meet 2023	Sheffield	ENG028	1
200 Backstroke	2:29.22	2:27.00	561	14/05/23	SE North West Regional Summer Championships 2023	Liverpool	NW230691	1
200 Individual Medley	2:37.17	2:34.60	516	16/03/24	Derby Excel Spring Qualifier 2024	Sheffield	EM240136	1
400 Individual Medley	5:44.36	5:39.20	460	21/04/24	SENW Regional Summer Championships 2024	Manchester	NW240304	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.20	29.90	484	06/01/24	Bobcats 'Last Chance County Qualifier' 2024	Darwen	NW240046	3
100 Freestyle	1:02.86	1:04.20	510	28/10/23	Bobcats Monster Splash 2023	Darwen	NW231427	3
200 Freestyle	2:13.78	2:16.30	560	08/10/23	Clitheroe Dolphins Dash 2023	Darwen	NW231964	3
400 Freestyle	4:41.17	4:46.10	556	06/01/24	Bobcats 'Last Chance County Qualifier' 2024	Darwen	NW240046	3
800 Freestyle	9:55.55	10:05.20	515	05/01/24	Bobcats 'Last Chance County Qualifier' 2024	Darwen	NW240046	3
1500 Freestyle	19:20.62	19:38.30	479	01/10/23	North Lancs S&WPA Level 2 Meet 2023	Blackpool	NW231624	2
50 Breaststroke	35.94	36.80	491	28/10/23	Bobcats Monster Splash 2023	Darwen	NW231427	3
100 Breaststroke	1:20.50	1:22.10	464	08/10/23	Clitheroe Dolphins Dash 2023	Darwen	NW231964	3
200 Breaststroke	2:54.70	2:57.70	457	25/06/23	Preston SC Summer Spectacular Meet 2023	Darwen	NW230702	3
50 Butterfly	31.84	32.40	448	29/10/23	Bobcats Monster Splash 2023	Darwen	NW231427	3
100 Butterfly	1:12.71	1:13.70	410	03/03/24	Burnley Bobcats 2024	Darwen	NW240098	3
200 Butterfly	2:50.50	2:52.30	345	02/03/24	Burnley Bobcats 2024	Darwen	NW240098	3
50 Backstroke	31.76	32.40	502	29/10/23	Bobcats Monster Splash 2023	Darwen	NW231427	3
100 Backstroke	1:07.79	1:09.00	530	29/10/23	Bobcats Monster Splash 2023	Darwen	NW231427	3
200 Backstroke	2:25.26	2:27.50	548	28/10/23	Bobcats Monster Splash 2023	Darwen	NW231427	3
200 Individual Medley	2:30.80	2:33.40	527	25/06/23	Preston SC Summer Spectacular Meet 2023	Darwen	NW230702	3
400 Individual Medley	5:30.39	5:35.70	481	17/09/23	North Lancs S&WPA Level 2 Meet 2023	Blackpool	NW231623	2
100 Individual Medley	1:13.16	1:13.20	460	24/06/23	Preston SC Summer Spectacular Meet 2023	Darwen	NW230702	3