

# Individual Best Times (All Time)

Lauren Ward - (1451071) - Leatherhead SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.02	30.30	440	09/03/24	2024 Wycombe Long Course L1 Premier Meet	High Wycombe	SE240287	1
100 Freestyle	1:05.62	1:04.30	489	31/03/24	Portsmouth Northsea Easter Meet 2024 LC L1 Meet	Portsmouth	SE240108	1
200 Freestyle	2:21.20	2:18.70	510	09/03/24	2024 Wycombe Long Course L1 Premier Meet	High Wycombe	SE240287	1
400 Freestyle	4:57.07	4:52.30	497	29/03/24	Portsmouth Northsea Easter Meet 2024 LC L1 Meet	Portsmouth	SE240108	1
800 Freestyle	10:18.04	10:08.60	482	28/03/24	Portsmouth Northsea Easter Meet 2024 LC L1 Meet	Portsmouth	SE240108	1
50 Breaststroke	38.46	37.60	435	03/02/24	Surrey Age Group Championships 2024	Guildford	SE240477	1
100 Breaststroke	1:26.12	1:24.60	412	31/03/24	Portsmouth Northsea Easter Meet 2024 LC L1 Meet	Portsmouth	SE240108	1
200 Breaststroke	3:14.88	3:12.10	351	14/01/23	City of Derby SC 19th LC Open Meet 2023	Sheffield	EM230061	1
50 Butterfly	37.96	37.50	266	25/03/23	Guildford City L1 Spring Open Meet 2023	Surrey Sports Parl	SE230074	1
200 Butterfly	3:13.73	3:12.10	248	05/02/23	Surrey County Age Group Championships 2023	Guildford	SE230015	1
50 Backstroke	35.37	34.80	437	08/03/24	2024 Wycombe Long Course L1 Premier Meet	High Wycombe	SE240287	1
200 Individual Medley	2:43.89	2:41.50	455	09/03/24	2024 Wycombe Long Course L1 Premier Meet	High Wycombe	SE240287	1
400 Individual Medley	5:54.42	5:49.40	422	20/01/24	Surrey Age Group Championships 2024	Guildford	SE240476	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.19	30.90	438	17/12/23	Hillingdon Swimming Club Winter Open Meet 2023	Hillingdon	LR231950	3
100 Freestyle	1:04.32	1:05.60	476	30/06/24	Leatherhead End of Season Open Meet 2024	Walton-on-Thames	SE240637	3
200 Freestyle	2:19.41	2:21.90	495	16/03/24	Leatherhead 2024 Spring Sprint Club Championships	Leatherhead	SE240680	4
400 Freestyle	5:06.11	5:10.70	431	25/09/23	Leatherhead SC Autumn 2023 Club Championships 2023	Cobham	SE232123	4
800 Freestyle	10:25.37	10:34.60	444	15/10/23	Leatherhead 2023 Autumn Long Distance Club Champs	Leatherhead	SE232278	4
1500 Freestyle	19:44.58	20:01.90	450	12/11/23	Leatherhead 2023 Autumn Long Distance Club Champs	Leatherhead	SE232279	4
50 Breaststroke	37.68	38.50	426	21/04/24	SE South East Region LC Championships 2024	Crawley	SE240684	2
100 Breaststroke	1:22.90	1:24.40	425	29/06/24	Leatherhead End of Season Open Meet 2024	Walton-on-Thames	SE240637	3
200 Breaststroke	3:08.80	3:11.60	362	16/12/23	Hillingdon Swimming Club Winter Open Meet 2023	Hillingdon	LR231950	3
50 Butterfly	34.39	34.90	356	30/06/24	Leatherhead End of Season Open Meet 2024	Walton-on-Thames	SE240637	3
100 Butterfly	1:24.83	1:25.70	258	24/09/23	Leatherhead SC Autumn 2023 Club Championships 2023	St John's School	SE232122	4
200 Butterfly	3:03.86	3:05.60	275	05/03/23	Hart SC Spring Open Meet 2023	Hart	SE230493	3
50 Backstroke	35.41	36.00	362	29/06/24	Leatherhead End of Season Open Meet 2024	Walton-on-Thames	SE240637	3
100 Backstroke	1:16.54	1:17.60	368	29/06/24	Leatherhead End of Season Open Meet 2024	Walton-on-Thames	SE240637	3
200 Backstroke	3:26.82	3:28.40	190	06/06/21	Epsom District	Rainbow Centre	LEX1584	0
200 Individual Medley	2:38.97	2:41.40	450	17/03/24	Leatherhead 2024 Spring Sprint Club Championships	Leatherhead	SE240680	4
400 Individual Medley	5:51.31	5:56.30	400	25/11/23	Atlantis SC Christmas Cracker 2023	Horsham	SE231038	3
100 Individual Medley	1:16.85	1:16.80	397	26/11/23	Atlantis SC Christmas Cracker 2023	Horsham	SE231038	3