

# Individual Best Times (All Time)

Layne Keyworth - (1472564) - Bassetlaw Swim Squad

Long Course

| Stroke                | LC Time  | Converted to SC | LC WA Pts | Date     | Meet                                            | Venue         | Licence  | Level |
|-----------------------|----------|-----------------|-----------|----------|-------------------------------------------------|---------------|----------|-------|
| 50 Freestyle          | 25.24    | 24.40           | 568       | 02/08/23 | Swim England National Summer Meet 2023          | Sheffield     | ENG028   | 1     |
| 100 Freestyle         | 55.23    | 53.70           | 610       | 04/08/23 | Swim England National Summer Meet 2023          | Sheffield     | ENG028   | 1     |
| 200 Freestyle         | 2:01.58  | 1:58.70         | 590       | 21/04/24 | SE East Midlands Regional LC Championships 2024 | Corby         | EM240622 | 1     |
| 400 Freestyle         | 4:19.22  | 4:13.80         | 611       | 20/04/24 | SE East Midlands Regional LC Championships 2024 | Corby         | EM240622 | 1     |
| 800 Freestyle         | 9:10.12  | 8:59.50         | 555       | 30/03/24 | SE EM Distance Time Trial 2024                  | Loughborough  | EM240722 | 1     |
| 1500 Freestyle        | 17:36.29 | 17:16.60        | 560       | 05/05/24 | SE East Midlands Regional LC Championships 2024 | Derby         | EM240623 | 1     |
| 50 Breaststroke       | 33.46    | 32.50           | 466       | 05/02/23 | Nottinghamshire ASA County Championships 2023   | Nottingham    | EM230410 | 1     |
| 100 Breaststroke      | 1:26.93  | 1:25.50         | 280       | 05/02/22 | Nottinghamshire ASA County Championships 2022   | Harvey Hadden | EM220077 | 1     |
| 50 Butterfly          | 28.60    | 27.90           | 472       | 04/02/23 | Nottinghamshire ASA County Championships 2023   | Nottingham    | EM230410 | 1     |
| 100 Butterfly         | 1:04.26  | 1:03.10         | 455       | 29/04/23 | East Midlands Regional LC Championships 2023    | Derby         | EM230742 | 1     |
| 50 Backstroke         | 30.36    | 29.70           | 466       | 15/01/23 | City of Derby SC 19th LC Open Meet 2023         | Sheffield     | EM230061 | 1     |
| 100 Backstroke        | 1:11.97  | 1:10.80         | 368       | 15/01/22 | Nottinghamshire ASA County Championships 2022   | Harvey Hadden | EM220076 | 1     |
| 200 Backstroke        | 2:58.40  | 2:56.50         | 246       | 01/02/20 | Nottinghamshire ASA County Championships 2020   | Nottingham    | EM200413 | 1     |
| 200 Individual Medley | 2:30.31  | 2:27.70         | 436       | 25/06/23 | City of Leeds Summer Meet 2023                  | Leeds         | NE230115 | 3     |

Short Course

| Stroke                | SC Time  | Converted to LC | SC WA Pts | Date     | Meet                                            | Venue      | License  | Level |
|-----------------------|----------|-----------------|-----------|----------|-------------------------------------------------|------------|----------|-------|
| 50 Freestyle          | 25.11    | 25.90           | 517       | 18/06/23 | Retford SC Annual Open Meet 2023                | Sheffield  | EM230492 | 3     |
| 100 Freestyle         | 54.70    | 56.20           | 550       | 05/11/23 | SE EM Short Course Championships 2023           | Nottingham | EM232280 | 2     |
| 200 Freestyle         | 1:58.48  | 2:01.40         | 589       | 04/11/23 | SE EM Short Course Championships 2023           | Nottingham | EM232280 | 2     |
| 400 Freestyle         | 4:13.26  | 4:18.70         | 588       | 17/12/23 | Swim England Winter Championships 2023          | Sheffield  | ENG029   | 2     |
| 1500 Freestyle        | 17:01.93 | 17:21.90        | 569       | 02/03/24 | Bassetlaw SS's 1st Regional Qualifier 2024      | Worksop    | EM240173 | 3     |
| 50 Breaststroke       | 32.04    | 33.00           | 472       | 16/06/24 | Retford SC 29th Annual Open Meet 2024           | Sheffield  | EM240918 | 3     |
| 100 Breaststroke      | 1:22.00  | 1:23.50         | 306       | 04/12/21 | Bassetlaw SS 3rd Open Meet                      | Worksop    | EM210996 | 3     |
| 200 Breaststroke      | 3:46.44  | 3:48.80         | 149       | 30/11/19 | Retford Club Championships 2019                 | Retford    | EM192904 | 4     |
| 50 Butterfly          | 27.78    | 28.50           | 479       | 16/06/24 | Retford SC 29th Annual Open Meet 2024           | Sheffield  | EM240918 | 3     |
| 100 Butterfly         | 1:03.85  | 1:05.00         | 419       | 05/11/22 | SE East Midlands Regional SC Championships 2022 | Nottingham | EM222140 | 2     |
| 50 Backstroke         | 29.53    | 30.20           | 419       | 05/11/22 | SE East Midlands Regional SC Championships 2022 | Nottingham | EM222140 | 2     |
| 100 Backstroke        | 1:12.56  | 1:13.70         | 295       | 19/06/22 | Retford SC 27th Annual Open Meet                | Sheffield  | EM220435 | 3     |
| 200 Backstroke        | 2:46.70  | 2:48.70         | 254       | 02/07/21 | Bassetlaw SS Time Trials                        | Worksop    | EM210338 | 4     |
| 200 Individual Medley | 2:21.62  | 2:24.40         | 463       | 02/12/23 | Bassetlaw SS 5th Open Meet 2023                 | Worksop    | EM231129 | 3     |
| 100 Individual Medley | 1:04.63  | 1:04.60         | 443       | 16/06/24 | Retford SC 29th Annual Open Meet 2024           | Sheffield  | EM240918 | 3     |