

Individual Best Times (All Time)

Laurence Fox - (1669372) - City of Brighton and Hove

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	41.92	41.40	124	23/06/24	English Schools' SA Summer Open Championships 2024	Crawley	SE240342	3
100 Freestyle	1:36.73	1:35.90	113	23/06/24	English Schools' SA Summer Open Championships 2024	Crawley	SE240342	3
200 Freestyle	3:33.70	3:32.10	108	22/06/24	English Schools' SA Summer Open Championships 2024	Crawley	SE240342	3
50 Backstroke	47.79	47.40	119	22/06/24	English Schools' SA Summer Open Championships 2024	Crawley	SE240342	3
100 Backstroke	1:44.67	1:43.90	119	22/06/24	English Schools' SA Summer Open Championships 2024	Crawley	SE240342	3
200 Backstroke	3:39.09	3:37.60	133	23/06/24	English Schools' SA Summer Open Championships 2024	Crawley	SE240342	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	43.51	44.00	99	25/11/23	Atlantis SC Christmas Cracker 2023	Horsham	SE231038	3
100 Freestyle	1:34.18	1:35.10	107	16/06/24	Brighton SC Club Championships 2024	Brighton	SE241096	4
200 Freestyle	3:39.07	3:40.70	93	14/01/24	Brighton SC Tom Handley Open Meet 2024	Prince Regent	SE240042	3
50 Butterfly	50.84	51.20	78	12/05/24	Mid Sussex Marlins Sprint Meet 2024	Burgess Hill	SE240766	3
50 Backstroke	47.32	47.70	102	12/05/24	Mid Sussex Marlins Sprint Meet 2024	Burgess Hill	SE240766	3
100 Backstroke	1:48.24	1:49.00	89	29/03/24	RTW Monson Last Chance Regional Chaser 2024	Tunbridge Wells	SE240602	3
200 Backstroke	3:39.31	3:40.80	111	14/06/24	Brighton SC Club Championships 2024	Brighton	SE241096	4