

Individual Best Times (All Time)

Lauren Toms - (193470) - Chadderton SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.98	28.30	540	15/03/14	Lancashire County Championships	Manchester	CC4087	1
100 Freestyle	1:01.23	59.90	602	15/03/14	Lancashire County Championships	Manchester	CC4087	1
200 Freestyle	2:09.67	2:07.00	659	11/05/14	City of Manchester Aquatics Open Meet	Manchester	NW4425	1
400 Freestyle	4:29.40	4:24.10	666	15/03/14	Lancashire County Championships	Manchester	CC4087	1
800 Freestyle	9:11.90	9:01.30	677	19/07/12	BG ASA National Youth Championships 2012	Sheffield	ASA119	1
50 Breaststroke	39.84	39.00	392	19/04/08	Central Lancashire Champs	Manchester	NW8285	2
100 Breaststroke	1:21.40	1:19.80	489	12/05/13	City of Manchester AST The Manchester Open	Manchester	NW3080	1
200 Breaststroke	3:08.36	3:05.50	389	17/10/10	Borough of Stockton Open	Leeds	NE0536	1
50 Butterfly	35.67	35.10	321	28/06/08	Liverpool Summer Sprint	Liverpool	NW8018	3
100 Butterfly	1:08.00	1:06.90	543	12/05/12	City of Manchester Aquatics Swim Team Open	Manchester	NW2307	1
200 Butterfly	2:28.92	2:26.80	547	17/03/13	Lancashire County Championships	Liverpool	CC3062	1
50 Backstroke	36.99	36.40	382	29/06/08	Liverpool Summer Sprint	Liverpool	NW8018	3
100 Backstroke	1:18.04	1:17.00	396	17/10/10	Borough of Stockton Open	Leeds	NE0536	1
200 Backstroke	2:38.22	2:36.10	471	14/03/10	Lancashire County Champs	Manchester	CC0027	1
200 Individual Medley	2:26.79	2:24.10	634	12/05/12	City of Manchester Aquatics Swim Team Open	Manchester	NW2307	1
400 Individual Medley	5:09.39	5:03.70	634	04/05/14	2014 ASANWR Youth Championships	Liverpool	NWR400	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.64	30.30	462	02/10/10	Central Lancs Warburton	Salford	NW0575	3
100 Freestyle	1:01.71	1:03.10	539	06/11/11	Central Lancs Warburton Age Groups	Bury	NW1556	3
200 Freestyle	2:08.20	2:10.90	637	01/12/12	ASA North West Regional Championships	Manchester	NWR213	2
400 Freestyle	4:23.19	4:28.50	678	02/12/12	ASA North West Regional Championships	Manchester	NWR213	2
800 Freestyle	8:58.69	9:09.30	696	14/11/14	BUCS Short Course 2014	Sheffield	BUC010	2
50 Breaststroke	37.81	38.60	422	06/02/11	Central Lancashire Prelim Age Group Galas	Salford	NW1114	3
100 Breaststroke	1:23.69	1:25.20	413	02/10/10	Central Lancs Warburton	Salford	NW0575	3
200 Breaststroke	2:57.73	3:00.70	434	05/02/11	Central Lancashire Prelim Age Group Galas	Salford	NW1114	3
50 Butterfly	31.76	32.40	452	05/11/11	Central Lancs Warburton Age Groups	Bury	NW1556	3
100 Butterfly	1:07.59	1:08.70	511	01/12/12	ASA North West Regional Championships	Manchester	NWR213	2
200 Butterfly	2:27.49	2:29.60	533	02/12/12	ASA North West Regional Championships	Manchester	NWR213	2
50 Backstroke	34.02	34.60	408	06/02/11	Central Lancashire Prelim Age Group Galas	Salford	NW1114	3
100 Backstroke	1:10.50	1:11.60	471	19/06/11	Central Lancs Championships	Bury	NW1352	3
200 Backstroke	2:31.51	2:33.70	483	22/01/11	Central Lancashire Prelim Age Group Gala	Salford	NW1113	3
200 Individual Medley	2:26.81	2:29.50	571	17/11/12	Stafford Apex Licensed Meet	Stafford	WM2489	2
400 Individual Medley	5:07.48	5:13.10	597	15/11/14	BUCS Short Course 2014	Sheffield	BUC010	2
100 Individual Medley	1:10.02	1:10.00	525	17/11/12	Stafford Apex Licensed Meet	Stafford	WM2489	2