

Individual Best Times (All Time)

Lauren Matthews - (286195) - Swindon Dolphin ASC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.15	28.40	531	07/02/15	Aquae Sulis Spring Grand Prix	Bristol	SW150009	1
100 Freestyle	1:02.39	1:01.00	569	02/05/15	ASA South West Summer Championships	Plymouth	SW150229	1
200 Freestyle	2:12.78	2:10.10	613	02/11/13	City of Bristol SC Level 3 LC Open Meet	Bristol	SW3622	3
400 Freestyle	4:39.93	4:34.90	594	07/01/17	UBSC New Year L1 Open Meet	Bristol	SW170243	1
800 Freestyle	9:40.86	9:30.80	581	01/02/14	Wiltshire County Championships	Bath	CC4097	1
200 Breaststroke	3:02.91	3:00.00	425	12/01/13	Portsmouth Northsea SC Level 1 Open Meet	Portsmouth	SE3143	1
50 Butterfly	30.93	30.30	492	29/04/17	ASA SWR Summer Championships	Plymouth	SW170194	1
100 Butterfly	1:06.47	1:05.30	581	09/04/16	City of Bristol International Open Meet	Bristol	SW160503	1
200 Butterfly	2:22.26	2:20.00	627	07/08/15	ASA Summer Nationals 2015	Sheffield	ASA142	1
100 Backstroke	1:10.95	1:09.80	527	10/01/15	United Bristol New Year Open Meet	Hengrove	SW150024	1
200 Backstroke	2:36.39	2:34.20	488	05/05/13	ASA South West Regional Championships	Millfield	SWR321	1
200 Individual Medley	2:28.05	2:25.40	618	29/04/17	ASA SWR Summer Championships	Plymouth	SW170194	1
400 Individual Medley	5:12.38	5:06.70	616	08/08/15	ASA Summer Nationals 2015	Sheffield	ASA142	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.87	29.60	501	24/09/16	Swindon Dolphin Club Champs 2016	Swindon	SW160965	4
100 Freestyle	1:01.32	1:02.70	550	07/03/15	Wiltshire Youth Championships	Swindon	CC150352	2
200 Freestyle	2:10.30	2:12.90	606	08/12/13	ASA SWR Short Course Championships	Millfield	SWR325	2
400 Freestyle	4:31.87	4:37.00	615	02/03/14	Wiltshire ASA Age Group Championships	Swindon	CC4098	2
800 Freestyle	9:20.41	9:30.60	618	28/01/17	Wiltshire Age Group Championships	Salisbury	SW170235	2
50 Breaststroke	40.66	41.40	339	10/07/11	South West Region Sprint Competition	Gloucester	SW1194	3
100 Breaststroke	1:19.94	1:21.50	474	17/12/16	City of Bristol Christmas Cracker	Bristol	SW162171	3
200 Breaststroke	2:48.59	2:51.70	508	15/10/16	Swim Bournemouth Autumn L2 Open Meet	Bournemouth	SW160343	2
50 Butterfly	30.66	31.30	502	06/12/14	ASA South West Short Course Championships	Millfield	SWR431	4
100 Butterfly	1:05.21	1:06.40	569	19/12/15	City of Bristol Level 2 Open Meet	Hengrove Park	SW151969	2
200 Butterfly	2:19.26	2:21.50	633	20/12/15	City of Bristol Level 2 Open Meet	Hengrove Park	SW151969	2
50 Backstroke	33.69	34.30	420	10/07/11	South West Region Sprint Competition	Gloucester	SW1194	3
100 Backstroke	1:08.03	1:09.20	525	17/01/16	Wiltshire Age Groups Championships	Swindon	SW160240	2
200 Backstroke	2:22.72	2:25.00	578	19/12/15	City of Bristol Level 2 Open Meet	Hengrove Park	SW151969	2
200 Individual Medley	2:24.11	2:26.80	604	19/12/15	City of Bristol Level 2 Open Meet	Hengrove Park	SW151969	2
400 Individual Medley	5:01.63	5:07.40	632	20/12/15	City of Bristol Level 2 Open Meet	Hengrove Park	SW151969	2
100 Individual Medley	1:11.17	1:11.20	500	26/02/12	Wiltshire County Championships	Swindon	CC2097	2