

Individual Best Times (All Time)

Lauren Colton - (396189) - Witham Dolphins SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	32.00	31.30	401	25/11/12	Essex Winter Long Course Championships	Basildon	ER2650	1
100 Freestyle	1:06.28	1:05.00	474	20/02/16	Essex Age Group Championships 2016	Basildon	ER160005	1
200 Freestyle	2:30.19	2:27.90	424	15/12/12	Basildon & Phoenix LC Winter Meet	Basildon	ER2624	1
400 Freestyle	5:11.60	5:07.10	431	16/12/12	Basildon & Phoenix LC Winter Meet	Basildon	ER2624	1
800 Freestyle	10:39.57	10:30.50	435	22/03/13	Essex County Age Group Championships	Basildon	CC3018	1
100 Breaststroke	1:41.29	1:40.00	253	29/05/11	Crystal Palace Beacon Long Course Meet	London	LR1289	1
200 Breaststroke	3:36.19	3:33.70	257	28/05/11	Crystal Palace Beacon Long Course Meet	London	LR1289	1
50 Butterfly	33.67	33.10	381	23/11/13	Essex Winter Long Course Competition	Basildon	ER3696	1
100 Butterfly	1:12.76	1:11.70	443	23/11/13	Essex Winter Long Course Competition	Basildon	ER3696	1
200 Butterfly	2:45.92	2:44.00	395	24/11/13	Essex Winter Long Course Competition	Basildon	ER3696	1
100 Backstroke	1:16.76	1:15.70	416	23/01/16	Essex Age Group Championships 2016	Basildon	ER160002	1
200 Individual Medley	2:42.00	2:39.50	471	21/02/16	Essex Age Group Championships 2016	Basildon	ER160005	1
400 Individual Medley	5:39.38	5:34.20	480	08/06/13	BGASA East Region Age Group Champs	Norwich	ERX313	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.15	30.80	439	19/10/14	Witham Dolphins SC Closed Meet	Braintree	ER14308	3
100 Freestyle	1:04.57	1:05.90	471	15/03/14	Essex County Championships	Basildon	CC4040	2
200 Freestyle	2:18.70	2:21.20	503	30/03/14	Essex County Age Groups Championships	Basildon	CC4042	2
400 Freestyle	4:51.28	4:56.10	500	10/11/13	Witham Dolphins Winter Club Championships	Witham	ER3885	4
800 Freestyle	10:03.16	10:12.70	495	02/11/14	Witham Dolphins Winter Championships	Witham	ER14303	4
50 Breaststroke	38.45	39.30	401	27/10/13	Witham Dolphins Winter Club Championships	Witham	ER3885	4
100 Breaststroke	1:23.43	1:24.90	417	16/03/14	Essex County Championships	Basildon	CC4040	2
200 Breaststroke	2:56.77	2:59.70	441	06/10/13	Bishop Stortford 5th Autumn Open Meet	Braintree	ER3472	3
50 Butterfly	32.05	32.60	440	27/10/13	Witham Dolphins Winter Club Championships	Witham	ER3885	4
100 Butterfly	1:10.16	1:11.20	457	15/02/14	Essex County Age Groups Championships	Basildon	CC4039	2
200 Butterfly	2:38.23	2:40.20	431	26/10/13	Witham Dolphins Winter Club Championships	Witham	ER3885	4
50 Backstroke	34.72	35.30	384	15/06/14	Witham Dolphins Club Swimming Champs	Witham	ER4663	4
100 Backstroke	1:13.55	1:14.60	415	15/11/14	Witham Dolphins Club Championships	Witham	ER14305	3
200 Backstroke	2:38.17	2:40.30	425	25/10/13	Witham Dolphins Winter Club Championships	Witham	ER3885	4
200 Individual Medley	2:35.74	2:38.30	479	16/02/14	Essex County Age Groups Championships	Basildon	CC4039	2
400 Individual Medley	5:22.41	5:27.80	518	15/03/14	Essex County Championships	Basildon	CC4040	2
100 Individual Medley	1:12.91	1:12.90	465	27/10/13	Witham Dolphins Winter Club Championships	Witham	ER3885	4