

Individual Best Times (All Time)

Lauren Rainford-Read - (473512) - Blackpool Aquatics ASC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	32.63	32.00	378	20/12/14	CO Manchester Aquatics Manchester Snow'pen	Manchester	NW4452	1
100 Freestyle	1:07.06	1:05.80	458	21/03/15	Lancashire County Age Groups & Championships	Manchester	CC150113	1
200 Freestyle	2:19.65	2:17.10	527	31/01/16	Lancashire County WPSA Age Group & Championships	Manchester	NW160230	1
400 Freestyle	4:47.80	4:42.90	547	30/01/16	Lancashire County WPSA Age Group & Championships	Manchester	NW160230	1
800 Freestyle	9:45.63	9:35.70	567	11/03/16	Edinburgh International Meet	Edinburgh	SCO1099	1
200 Butterfly	2:50.36	2:48.50	365	01/03/15	Lancashire County Age Groups & Championships	Liverpool	CC150112	1
50 Backstroke	38.36	37.80	343	10/05/14	City of Manchester Aquatics Open Meet	Manchester	NW4425	1
100 Backstroke	1:16.44	1:15.40	421	01/03/15	Lancashire County Age Groups & Championships	Liverpool	CC150112	1
200 Backstroke	2:39.50	2:37.40	460	12/04/15	Derventio Excel 9th Open Meet	Sheffield	EM150029	1
200 Individual Medley	2:45.02	2:42.60	446	23/01/16	Lancashire County WPSA Age Group & Championships	Manchester	NW160229	1
400 Individual Medley	6:07.80	6:03.00	377	09/03/14	Lancashire Age Groups & Championships	Manchester	CC4086	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.18	30.90	438	24/07/16	North Lancashire Development Meet	Blackpool	NW161319	3
100 Freestyle	1:03.96	1:05.30	484	23/07/16	North Lancashire Development Meet	Blackpool	NW161319	3
200 Freestyle	2:17.89	2:20.40	511	28/11/15	Wigan B.E.S.T SC Future Stars Open Meet	Wigan	NW150862	2
400 Freestyle	4:40.07	4:45.00	563	24/10/15	Manchester International Meet 2015	Manchester	NW151667	2
800 Freestyle	9:33.25	9:43.20	577	03/10/15	North Lancashire Level 2 Meet	Blackpool	NW151378	2
50 Breaststroke	44.07	44.80	266	15/11/14	Wigan BEST Future Stars Open Meet	Wigan	NW4377	2
100 Breaststroke	1:29.67	1:31.10	336	24/07/16	North Lancashire Development Meet	Blackpool	NW161319	3
200 Breaststroke	3:24.56	3:27.10	284	26/10/14	North Lancashire Gala	Blackpool	NW4921	3
50 Butterfly	33.53	34.10	384	23/07/16	North Lancashire Development Meet	Blackpool	NW161319	3
100 Butterfly	1:13.75	1:14.80	393	24/07/16	North Lancashire Development Meet	Blackpool	NW161319	3
200 Butterfly	2:44.16	2:46.10	386	15/11/14	Wigan BEST Future Stars Open Meet	Wigan	NW4377	2
50 Backstroke	35.63	36.20	355	24/07/16	North Lancashire Development Meet	Blackpool	NW161319	3
100 Backstroke	1:14.72	1:15.80	396	04/10/15	North Lancashire Level 2 Meet	Blackpool	NW151378	2
200 Backstroke	2:31.30	2:33.50	485	26/09/15	North Lancashire Level 2 Meet	Blackpool	NW151377	2
200 Individual Medley	2:39.94	2:42.40	442	10/12/15	Blackpool Aquatics Club Championships 2015	Blackpool	NW152251	4
400 Individual Medley	5:35.68	5:40.90	459	03/10/15	North Lancashire Level 2 Meet	Blackpool	NW151378	2
100 Individual Medley	1:15.66	1:15.70	416	24/07/16	North Lancashire Development Meet	Blackpool	NW161319	3