

Individual Best Times (All Time)

Laurence Chalk - (509713) - Sudbury & District SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	26.37	25.60	498	04/01/15	BWFSC Level 1 Long Course Meet	London	LR150167	1
100 Freestyle	59.10	57.70	498	04/01/15	BWFSC Level 1 Long Course Meet	London	LR150167	1
200 Freestyle	2:13.86	2:11.20	442	04/01/15	BWFSC Level 1 Long Course Meet	London	LR150167	1
50 Butterfly	28.46	27.80	479	24/01/15	ISA National Swimming Championships	London	LR150306	3
100 Butterfly	1:03.94	1:02.70	462	07/07/13	ASA East Region Intercounty Championships	Luton	ER3458	1
50 Backstroke	33.30	32.70	353	03/02/13	Bishops Stortford SC 1st Long Course Open	Basildon	ER3078	3
100 Backstroke	1:11.02	1:09.90	383	04/01/15	BWFSC Level 1 Long Course Meet	London	LR150167	1
200 Individual Medley	2:35.07	2:32.50	397	24/01/15	ISA National Swimming Championships	London	LR150306	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	25.84	26.60	474	15/03/14	Suffolk County Championships	Ipswich	CC4084	2
100 Freestyle	56.85	58.30	490	27/09/14	Sudbury & District SC Michaelmas Two Day Meet	Sudbury	ER14006	3
200 Freestyle	2:06.03	2:08.80	490	12/04/15	Sudbury Spring Two Day Open Meet	Sudbury	ER150317	3
400 Freestyle	4:42.48	4:47.40	424	29/11/14	Essex Senior Junior Championships	Basildon	ER4970	2
800 Freestyle	10:00.88	10:10.40	401	11/07/14	Sudbury & District SC Club Championships 2014	Sudbury	ER4729	4
1500 Freestyle	20:01.45	20:18.50	350	15/07/15	Sudbury & District Club Championships 2015	Sudbury	ER151427	4
50 Breaststroke	38.80	39.60	265	16/11/14	Colchester Club Championships	Colchester	ER14557	4
200 Breaststroke	3:00.95	3:03.80	292	19/10/14	Colchester Club Championships	Colchester	ER14556	4
50 Butterfly	27.75	28.40	481	12/04/15	Sudbury Spring Two Day Open Meet	Sudbury	ER150317	3
100 Butterfly	1:02.16	1:03.40	454	12/04/15	Sudbury Spring Two Day Open Meet	Sudbury	ER150317	3
200 Butterfly	2:29.62	2:31.70	364	19/10/14	Colchester Club Championships	Colchester	ER14556	4
50 Backstroke	31.25	31.90	354	12/04/15	Sudbury Spring Two Day Open Meet	Sudbury	ER150317	3
100 Backstroke	1:07.79	1:09.00	362	07/04/13	Sudbury & District Spring Meet	Sudbury	ER3020	3
200 Backstroke	2:32.63	2:34.80	331	19/10/14	Colchester Club Championships	Colchester	ER14556	4
200 Individual Medley	2:29.47	2:32.10	394	27/06/15	Suffolk County ASA Development Championships	Newmarket	ER150658	3
400 Individual Medley	6:02.11	6:06.90	272	22/01/12	Sudbury & District Last Chance Open Meet	Sudbury	ER2116	4
100 Individual Medley	1:07.01	1:07.00	397	16/03/14	Suffolk County Championships	Ipswich	CC4084	2