

# Individual Best Times (All Time)

Lara Chapman - (522031) - Barnes SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.44	29.70	466	11/03/12	Surrey County Championships	Guildford	CC2093	1
100 Freestyle	1:06.48	1:05.20	470	28/04/13	London Schools Swimming Association Champs	Crystal Palace	LR3226	1
200 Freestyle	2:24.72	2:22.30	474	13/04/13	Bexley SC Long Course Open Meet	London	LR3128	1
400 Freestyle	5:07.69	5:03.10	447	14/04/13	Bexley SC Long Course Open Meet	London	LR3128	1
800 Freestyle	10:37.18	10:28.00	440	03/11/12	Rushmoor Royals SC Distance Meet	Aldershot	SE2587	1
50 Breaststroke	43.53	42.80	300	27/10/12	Rushmoor Royals SC 10th Autumn Open Meet	Aldershot	SE2588	1
50 Butterfly	35.00	34.50	340	27/10/12	Rushmoor Royals SC 10th Autumn Open Meet	Aldershot	SE2588	1
50 Backstroke	35.65	35.10	427	23/03/13	Surrey Age Group County Champs	Crystal Palace	CC3042	1
100 Backstroke	1:17.94	1:16.90	397	13/04/13	Bexley SC Long Course Open Meet	London	LR3128	1
200 Backstroke	2:50.27	2:48.30	378	20/05/12	Bracknell & Wokingham SC Open Meet	Aldershot	SE2168	1
200 Individual Medley	2:48.09	2:45.70	422	12/05/13	Beckenham SC International Open Meet	Crystal Palace	LR3301	1
400 Individual Medley	6:11.36	6:06.60	366	03/03/13	Surrey County Championships	Guildford	CC3039	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.33	31.00	432	20/10/12	Richmond Borough Championships	Teddington	LR2788	4
100 Freestyle	1:07.23	1:08.50	417	17/03/13	Surrey County Championships	Guildford	CC3041	2
200 Freestyle	2:23.19	2:25.60	457	09/03/13	Surrey County Championships	Guildford	CC3040	2
400 Freestyle	5:10.36	5:14.90	413	05/02/12	Surrey County Age Group Championships	Guildford	CC2092	2
800 Freestyle	10:24.25	10:33.40	447	24/09/12	St Paul's Barnes SC Club Championships	London	LR2683	4
1500 Freestyle	19:53.47	20:10.70	440	26/09/12	St Paul's Barnes SC Club Championships	London	LR2683	4
50 Breaststroke	41.66	42.40	315	20/10/12	Richmond Borough Championships	Teddington	LR2788	4
100 Breaststroke	1:32.92	1:34.30	302	20/10/12	Richmond Borough Championships	Teddington	LR2788	4
200 Breaststroke	3:21.42	3:24.00	298	25/09/12	St Paul's Barnes SC Club Championships	London	LR2683	4
50 Butterfly	34.09	34.60	365	25/09/12	St Paul's Barnes SC Club Championships	London	LR2683	4
100 Butterfly	1:23.81	1:24.70	268	20/10/12	Richmond Borough Championships	Teddington	LR2788	4
200 Butterfly	3:09.67	3:11.30	250	23/09/12	St Paul's Barnes SC Club Championships	London	LR2683	4
50 Backstroke	35.03	35.60	374	28/09/14	Barnes SC Club Championships 2014	Barnes	LR4906	4
100 Backstroke	1:14.53	1:15.60	399	16/03/13	Surrey County Championships	Guildford	CC3041	2
200 Backstroke	2:41.12	2:43.20	402	10/03/13	Surrey County Championships	Guildford	CC3040	2
200 Individual Medley	2:44.09	2:46.50	409	10/03/13	Surrey County Championships	Guildford	CC3040	2
400 Individual Medley	5:53.00	5:57.90	394	25/11/12	Guildford City SC Open Meet	Guildford	SE2734	2
100 Individual Medley	1:18.15	1:18.20	378	24/09/12	St Paul's Barnes SC Club Championships	London	LR2683	4