

# Individual Best Times (All Time)

Lauren Woods - (549079) - Lincoln Vulcans SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.30	29.60	473	16/04/16	Lincoln Vulcans Long Course L1 Open Meet	Sheffield	EM160422	1
100 Freestyle	1:03.58	1:02.30	537	09/04/16	Derventio Excel 10th Open Meet 2016	Sheffield	EM160046	1
200 Freestyle	2:12.10	2:09.40	623	01/04/18	City of Norwich Easter Long Course Meet	Norwich	ER180144	1
400 Freestyle	4:38.25	4:33.20	605	26/05/18	DX 2nd Long Course Open Meet	Sheffield	EM180319	1
800 Freestyle	9:35.66	9:25.50	597	07/05/18	Swim England East Midland Championships 2018	Sheffield	EM180960	1
1500 Freestyle	18:06.48	17:47.30	608	03/08/18	Swim England National Summer Meet	Sheffield	ENG009	1
50 Breaststroke	40.58	39.80	371	17/01/16	City of Derby Fifteenth LC L1 Open Meet	Sheffield	EM160127	1
100 Breaststroke	1:28.65	1:27.20	378	14/05/16	City of Sheffield Swim Squad No Frills Meet	Sheffield	NE160209	1
200 Breaststroke	3:12.06	3:09.30	367	10/01/15	City of Derby Fourteenth LC Level 1 Open Meet	Sheffield	EM150072	1
50 Butterfly	31.41	30.80	470	07/05/18	Swim England East Midland Championships 2018	Sheffield	EM180960	1
100 Butterfly	1:06.03	1:04.90	593	15/04/18	Swim England East Midland Championships 2018	Sheffield	EM180958	1
200 Butterfly	2:25.93	2:23.80	581	20/05/18	Nova Centurion May Level 1 LC Open Meet	Nottingham	EM180093	1
50 Backstroke	34.18	33.60	485	06/06/15	Midlands Championships 2015	Coventry	WM150797	1
100 Backstroke	1:11.62	1:10.50	512	17/04/16	Lincoln Vulcans Long Course L1 Open Meet	Sheffield	EM160422	1
200 Backstroke	2:32.11	2:29.90	530	16/01/16	City of Derby Fifteenth LC L1 Open Meet	Sheffield	EM160127	1
200 Individual Medley	2:30.56	2:27.90	587	21/10/17	Nova Centurion SC October Level 1 Open Meet	Nottingham	EM170475	1
400 Individual Medley	5:17.59	5:12.00	586	01/08/16	ASA Summer Nationals 2016	Sheffield	ASA149	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.53	30.20	468	18/10/15	ASA National County Teams Division 2	Sheffield	ASA145	2
100 Freestyle	1:01.99	1:03.30	532	07/02/16	Lincolnshire County Championships 2016	Louth	EM160115	2
200 Freestyle	2:12.19	2:14.80	581	23/01/16	Lincolnshire County Championships 2016	Grantham	EM160114	2
400 Freestyle	4:34.89	4:39.90	595	30/06/18	Lincoln Vulcans Club Championships	Grantham	EM180700	3
800 Freestyle	9:16.45	9:26.70	631	17/02/18	Lincolnshire County Championships 2018	Grantham	EM180024	2
50 Breaststroke	37.69	38.50	426	16/12/17	City of Leeds Xmas Meet 2017	Leeds	NE171857	3
100 Breaststroke	1:21.62	1:23.20	445	17/07/16	Chesterfield Summer Splash	Matlock	EM161236	3
200 Breaststroke	2:56.00	2:59.00	446	17/07/16	Chesterfield Summer Splash	Matlock	EM161236	3
50 Butterfly	31.39	32.00	468	07/10/17	Leicester Penguins 2017 Open Meet	Braunstone	EM170934	3
100 Butterfly	1:06.73	1:07.90	531	06/11/16	Midland Short Course Championships 2016	Nottingham	EM162223	2
200 Butterfly	2:24.52	2:26.70	566	25/11/17	Louth Meridan Meet	Louth	EM171923	3
50 Backstroke	32.97	33.60	449	23/01/16	Lincolnshire County Championships 2016	Grantham	EM160114	2
100 Backstroke	1:08.04	1:09.20	525	18/10/15	ASA National County Teams Division 2	Sheffield	ASA145	2
200 Backstroke	2:25.41	2:27.70	547	21/11/15	The Leicester Open Meet	Leicester	EM151050	2
200 Individual Medley	2:27.75	2:30.40	561	16/12/17	City of Leeds Xmas Meet 2017	Leeds	NE171857	3
400 Individual Medley	5:07.08	5:12.70	599	02/07/16	Lincoln Vulcans Club Championships	Grantham	EM160568	3
100 Individual Medley	1:10.66	1:10.70	511	23/01/16	Lincolnshire County Championships 2016	Grantham	EM160114	2