

Individual Best Times (All Time)

Laurie Bennett - (560243) - Team Mercia

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	32.03	31.40	400	19/01/14	City of Coventry Open Meet 2014	Coventry	WM4070	3
100 Freestyle	1:09.09	1:07.90	419	19/01/14	City of Coventry Open Meet 2014	Coventry	WM4070	3
200 Freestyle	2:31.14	2:28.80	416	19/01/14	City of Coventry Open Meet 2014	Coventry	WM4070	3
400 Freestyle	5:35.67	5:31.50	344	19/03/11	Warwickshire County Championships	Coventry	CC1007	1
800 Freestyle	12:16.99	12:09.10	284	13/03/10	Warwickshire County Champs	Coventry	CC0006	1
50 Breaststroke	45.92	45.20	256	19/01/14	City of Coventry Open Meet 2014	Coventry	WM4070	3
100 Breaststroke	1:42.66	1:41.40	243	15/01/12	City of Coventry January Open Meet	Coventry	WM2022	3
200 Breaststroke	3:34.36	3:31.90	264	15/01/12	City of Coventry January Open Meet	Coventry	WM2022	3
50 Butterfly	34.26	33.70	362	19/01/14	City of Coventry Open Meet 2014	Coventry	WM4070	3
100 Butterfly	1:20.25	1:19.30	330	02/03/13	Warwickshire County Championships	Coventry	CC3007	1
200 Butterfly	3:09.34	3:07.70	266	16/03/13	Warwickshire County Championships	Coventry	CC3009	1
50 Backstroke	39.29	38.80	319	02/03/13	Warwickshire County Championships	Coventry	CC3007	1
100 Backstroke	1:24.41	1:23.50	313	19/03/11	Warwickshire County Championships	Coventry	CC1007	1
200 Backstroke	3:02.20	3:00.40	308	12/03/11	Warwickshire County Championships	Coventry	CC1006	1
200 Individual Medley	2:55.01	2:52.70	374	09/03/13	Warwickshire County Championships	Coventry	CC3008	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.67	32.30	379	01/04/13	City of Birmingham SC 20th Open Meet	Birmingham	WM3259	2
100 Freestyle	1:08.33	1:09.50	397	16/11/13	Boldmere SC L2 Open Meet	Birmingham	WM3785	2
200 Freestyle	2:24.86	2:27.20	441	30/03/13	City of Birmingham SC 20th Open Meet	Birmingham	WM3259	2
400 Freestyle	5:09.48	5:14.00	417	31/03/13	City of Birmingham SC 20th Open Meet	Birmingham	WM3260	3
800 Freestyle	11:56.70	12:04.70	295	02/04/10	City of Birmingham 17th Meet	Birmingham	WM0042	2
50 Breaststroke	42.51	43.20	297	29/03/13	City of Birmingham SC 20th Open Meet	Birmingham	WM3260	3
100 Breaststroke	1:31.41	1:32.80	317	12/05/13	Haden Hill ASC 32nd Annual Open Meet	Wolverhampton	WM3300	3
200 Breaststroke	3:22.98	3:25.60	291	01/07/12	Boldmere SC Water Carnival 2012	Stechford	WM2321	3
50 Butterfly	33.48	34.00	386	29/03/14	Nuneaton & Bedworth Spring "Qualifying" Open	Nuneaton	WM4272	2
100 Butterfly	1:16.03	1:17.00	359	12/05/13	Haden Hill ASC 32nd Annual Open Meet	Wolverhampton	WM3300	3
200 Butterfly	3:02.30	3:04.00	282	07/10/12	Coventry & District Championships	Nuneaton	WM2504	2
50 Backstroke	35.90	36.50	347	01/04/13	City of Birmingham SC 20th Open Meet	Birmingham	WM3260	3
100 Backstroke	1:19.08	1:20.10	334	31/03/13	City of Birmingham SC 20th Open Meet	Birmingham	WM3260	3
200 Backstroke	2:49.85	2:51.80	343	01/04/13	City of Birmingham SC 20th Open Meet	Birmingham	WM3260	3
200 Individual Medley	2:49.31	2:51.60	372	10/02/13	Rugby Open Meet 2013	Rugby	WM3083	3
100 Individual Medley	1:18.17	1:18.20	377	09/02/13	Rugby Open Meet 2013	Rugby	WM3083	3