

Individual Best Times (All Time)

Lara Reed - (723713) - Oxford University SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.81	29.10	496	21/12/14	Derwentio Excel 2nd Christmas Cracker	Sheffield	EM4932	1
100 Freestyle	1:03.69	1:02.40	535	21/12/14	Derwentio Excel 2nd Christmas Cracker	Sheffield	EM4932	1
200 Freestyle	2:15.37	2:12.80	579	16/04/16	Lincoln Vulcans Long Course L1 Open Meet	Sheffield	EM160422	1
400 Freestyle	4:42.31	4:37.30	579	27/06/15	Scottish National Open Championships	Glasgow	SCO1005	1
800 Freestyle	9:40.40	9:30.40	582	26/06/15	Scottish National Open Championships	Glasgow	SCO1005	1
50 Breaststroke	37.77	36.90	460	19/04/15	Crawley Spring LC Open Meet 2015	Crawley	SE150218	1
100 Breaststroke	1:19.28	1:17.70	529	26/06/15	Scottish National Open Championships	Glasgow	SCO1005	1
200 Breaststroke	2:52.36	2:49.30	508	17/04/16	Lincoln Vulcans Long Course L1 Open Meet	Sheffield	EM160422	1
50 Butterfly	34.34	33.80	360	21/12/13	Derwentio eXcel Christmas Cracker Meet	Sheffield	EM3630	1
100 Butterfly	1:11.32	1:10.20	470	16/04/16	Lincoln Vulcans Long Course L1 Open Meet	Sheffield	EM160422	1
200 Butterfly	2:43.22	2:41.30	415	20/09/15	Wycombe District Swim Club Club Championships	Wycombe	SE151738	4
50 Backstroke	37.63	37.10	363	20/09/15	Wycombe District Swim Club Club Championships	Wycombe	SE151738	4
100 Backstroke	1:19.06	1:18.00	381	11/05/13	Wycombe District SC 7th Annual LC Sprint	Wycombe	SE3432	3
200 Backstroke	2:47.07	2:45.10	400	20/09/15	Wycombe District Swim Club Club Championships	Wycombe	SE151738	4
200 Individual Medley	2:34.09	2:31.50	548	17/04/16	Lincoln Vulcans Long Course L1 Open Meet	Sheffield	EM160422	1
400 Individual Medley	5:24.81	5:19.40	548	11/04/15	Guildford City Inaugural Level 1 Long Course Meet	Guildford	SE150155	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.34	30.00	477	23/11/14	Guildford City County Qualifier Meet	Guildford	SE4829	2
100 Freestyle	1:03.07	1:04.40	505	28/06/14	Maxwell June Meet 2014	Aylesbury	SE4520	3
200 Freestyle	2:13.44	2:16.00	564	23/11/14	Guildford City County Qualifier Meet	Guildford	SE4829	2
400 Freestyle	4:36.32	4:41.40	586	08/11/15	ASA South East Region Winter Championships 2015	Portsmouth	SE152074	2
800 Freestyle	9:29.00	9:39.10	590	07/11/15	ASA South East Region Winter Championships 2015	Portsmouth	SE152074	2
50 Breaststroke	37.03	37.90	449	19/12/15	Hillingdon SC Winter Short Course Open Meet 2015	Uxbridge	LR152215	2
100 Breaststroke	1:18.72	1:20.30	497	07/11/15	ASA South East Region Winter Championships 2015	Portsmouth	SE152074	2
200 Breaststroke	2:47.23	2:50.40	521	08/03/15	Berks & S Bucks ASA County & Age Group Champs	Maidenhead	CC150816	2
50 Butterfly	33.21	33.80	395	05/10/14	Maxwell Autumn Meet	Aylesbury	SE14110	3
100 Butterfly	1:11.36	1:12.40	434	26/06/16	Maxwell Swim Club June 2016 L3 Meet	Aylesbury	SE161060	3
200 Butterfly	2:56.72	2:58.50	310	25/02/12	Berkshire & South Bucks County Championshi	Maidenhead	CC2046	2
50 Backstroke	37.09	37.60	315	20/01/13	Maxwell SC January Meet	Aylesbury	SE3179	2
100 Backstroke	1:16.10	1:17.10	375	18/01/15	Watford County Qualifier Open Meet	Watford	ER150010	3
200 Backstroke	2:54.32	2:56.20	317	20/11/11	Wycombe Club Championships	Handy Cross	SE1751	4
200 Individual Medley	2:28.91	2:31.50	548	03/03/19	The Varsity Swimming Match 2019	Parkside Pools	ER191261	3
400 Individual Medley	5:15.18	5:20.70	554	17/01/16	Berkshire & Sth Bucks 2016 County Championships	Maidenhead	SE160040	2
100 Individual Medley	1:13.46	1:13.50	455	28/06/14	Maxwell June Meet 2014	Aylesbury	SE4520	3