

Individual Best Times (All Time)

Lauren Simpkins - (760522) - Putteridge Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.16	26.40	656	13/02/16	Bedfordshire Age Group & County Champs	Luton	ER160102	1
100 Freestyle	58.73	57.30	682	16/04/16	Team Luton April Long Course Meet	Luton	ER160181	1
200 Freestyle	2:11.29	2:08.60	635	31/01/16	Bedfordshire Age Group & County Champs	Luton	ER160101	1
50 Breaststroke	36.58	35.70	506	30/01/16	Bedfordshire Age Group & County Champs	Luton	ER160101	1
100 Breaststroke	1:23.24	1:21.70	457	05/02/17	Bedfordshire ASA 2017 Age Group & County Champs	Luton	ER170119	1
50 Butterfly	30.22	29.60	528	14/02/16	Bedfordshire Age Group & County Champs	Luton	ER160102	1
50 Backstroke	30.54	29.90	680	03/08/16	ASA Summer Nationals 2016	Sheffield	ASA149	1
100 Backstroke	1:08.72	1:07.50	580	21/03/15	Bedfordshire ASA County Championships	Luton	CC150190	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.57	27.30	642	30/11/19	Putteridge Winter Short Course County Qualifier	Inspire Luton	ER191955	3
100 Freestyle	58.04	59.50	648	05/11/16	East Swimming 2016 SC Championships	Luton	ER161979	2
200 Freestyle	2:09.27	2:11.90	621	06/11/16	East Swimming 2016 SC Championships	Luton	ER161979	2
50 Breaststroke	37.34	38.20	438	01/02/14	Hatfield Valentines Meet	Hertfordshire	ER4265	3
100 Breaststroke	1:18.87	1:20.50	494	25/06/16	Putteridge 2016 Club Championship - Gala 1	Hitchin	ER161399	4
50 Butterfly	29.86	30.50	544	07/11/15	ASA East Region Winter Championships 2015	Luton	ER151653	2
50 Backstroke	30.69	31.30	556	25/06/16	Putteridge 2016 Club Championship - Gala 1	Hitchin	ER161399	4
100 Backstroke	1:05.41	1:06.60	590	09/11/19	NASL London Round 2	Inspire, Luton	ER192866	3
200 Backstroke	2:41.81	2:43.90	397	17/03/13	Bedfordshire County Championships	Luton	CC3024	2
100 Individual Medley	1:11.07	1:11.10	502	09/03/14	Bedfordshire Age Group & County Champs	Luton	CC4031	2