

# Individual Best Times (All Time)

Owen Lawton - (767684) - Oxford University SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	26.52	25.70	490	20/02/22	2022 Wycombe Dual Award (L3) Long Course Meet	High Wycombe	SE220326	3
100 Freestyle	1:02.24	1:00.90	426	07/01/18	UBSC New Year Level 1 Open Meet	Hengrove	SW180293	1
200 Freestyle	2:21.42	2:18.90	375	25/07/21	West Midlands Region Festival of Swimming 2021	Coventry	WM210217	1
50 Breaststroke	34.25	33.30	434	23/04/16	WDSC Long Course Sprint Meet	Wycombe	SE160110	3
100 Breaststroke	1:16.78	1:15.10	406	23/04/16	WDSC Long Course Sprint Meet	Wycombe	SE160110	3
200 Breaststroke	3:04.11	3:01.20	316	10/01/15	United Bristol New Year Open Meet	Hengrove	SW150024	1
50 Butterfly	30.10	29.50	405	22/09/18	City of Coventry SC 50 Sprints Meet	Coventry	WM180362	3
50 Backstroke	35.57	35.00	290	23/04/16	WDSC Long Course Sprint Meet	Wycombe	SE160110	3
200 Backstroke	2:44.93	2:42.90	312	06/03/16	Warwickshire ASA Championships	Coventry	WM160091	1
200 Individual Medley	2:33.07	2:30.50	413	25/11/18	City of Coventry Winter Open Meet	Coventry	WM180936	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	25.83	26.60	475	04/02/23	Oxfordshire & North Bucks County Champs 2023	Aylesbury	SE230033	2
100 Freestyle	55.61	57.10	524	12/02/23	Oxfordshire & North Bucks County Champs 2023	Aylesbury	SE230034	2
200 Freestyle	2:02.48	2:05.30	534	29/02/20	The Varsity Swimming Match 2020	Oxford	SE200766	3
400 Freestyle	4:50.13	4:54.90	391	29/11/15	Soundwell County Qualifier Open Meet 2015	Gloucester	SW151440	3
1500 Freestyle	20:46.91	21:03.40	313	10/11/13	Stratford Sharks ASC Club Championships	Warwick	WM3788	4
50 Breaststroke	33.04	34.00	430	07/10/17	Coventry & District Primary Galas 2017	Nuneaton	WM170726	3
100 Breaststroke	1:13.30	1:15.00	428	08/10/17	Coventry & District Primary Galas 2017	Nuneaton	WM170726	3
200 Breaststroke	2:51.13	2:54.20	346	29/11/15	Soundwell County Qualifier Open Meet 2015	Gloucester	SW151440	3
50 Butterfly	29.41	30.00	404	11/09/21	Back to the Blocks 2021	Wolverhampton	WM210216	3
100 Butterfly	1:11.35	1:12.40	300	07/04/19	Soundwell Level 3 Open Meet	GL1 Leisure Centre	SW190284	3
200 Butterfly	3:26.31	3:27.80	138	15/11/13	Stratford Sharks ASC Club Championships	Stratford	WM3789	4
50 Backstroke	33.43	34.00	289	25/09/16	Gloucester City Sprint Level 3	Gloucester	SW160134	3
100 Backstroke	1:12.89	1:14.00	291	11/10/15	Coventry & District ASC Secondary Galas	Nuneaton	WM151641	3
200 Backstroke	2:33.47	2:35.60	326	28/11/15	Soundwell County Qualifier Open Meet 2015	Gloucester	SW151440	3
200 Individual Medley	2:27.21	2:29.90	413	08/10/17	Coventry & District Primary Galas 2017	Nuneaton	WM170726	3
400 Individual Medley	5:24.78	5:30.10	377	06/12/16	Stratford Sharks Club Championships	Stratford upon Avon	WM162431	4
100 Individual Medley	1:08.06	1:08.10	379	25/09/16	Gloucester City Sprint Level 3	Gloucester	SW160134	3