

# Individual Best Times (All Time)

Mark Laing - (767910) - Halesowen SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	24.62	23.80	612	02/08/16	ASA Summer Nationals 2016	Sheffield	ASA149	1
100 Freestyle	55.97	54.50	586	27/02/16	Aquae Sulis Spring Grand Prix	Bristol	SW160100	1
200 Freestyle	2:10.65	2:08.00	475	15/06/14	Midland Age Group Championships 2014	Coventry	WMR415	1
400 Freestyle	4:52.46	4:47.60	426	01/06/13	Midland Age Group Championships 2013	Coventry	WMR316	1
50 Breaststroke	32.65	31.70	502	10/03/18	UBSC National Qualifier Level 1 Open Meet	Hengrove	SW180292	1
100 Breaststroke	1:17.48	1:15.80	395	14/06/14	Midland Age Group Championships 2014	Coventry	WMR415	1
200 Breaststroke	3:06.24	3:03.40	305	09/06/12	Midland Age Group Championships	Coventry	WMR209	1
50 Butterfly	25.87	25.10	637	05/08/16	ASA Summer Nationals 2016	Sheffield	ASA149	1
100 Butterfly	1:01.44	1:00.20	521	07/05/16	Rotherham Metro Level One Long Course Meet	Sheffield	NE160174	1
50 Backstroke	29.47	28.80	510	25/03/17	Aquae Sulis Grand Prix	Bristol	SW170461	1
100 Backstroke	1:05.77	1:04.50	482	18/05/14	Rotherham Metro SC Level One Long Course Meet	Sheffield	NE4110	1
200 Backstroke	2:27.45	2:25.20	437	07/06/14	Midland Age Group Championships 2014	Coventry	WMR414	1
200 Individual Medley	2:23.38	2:20.60	502	28/02/16	Aquae Sulis Spring Grand Prix	Bristol	SW160100	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	23.72	24.60	613	23/10/16	ASA National County Teams Division 2	Sheffield	ASA152	2
100 Freestyle	53.29	54.80	595	18/12/16	ASA Winter Meet 2016	Sheffield	ASA153	2
200 Freestyle	2:03.31	2:06.10	523	29/01/17	Worcester County Age Group Championships	Wolverhampton	WM170047	2
400 Freestyle	4:40.07	4:45.00	435	22/11/14	Halesowen Club Championships	Edgbaston	WM14237	4
800 Freestyle	9:42.34	9:52.20	441	29/11/14	Halesowen Club Championships	Edgbaston	WM14239	4
50 Breaststroke	31.52	32.50	495	02/12/16	Swim Wales Short Course Championships	Swansea	WL160022	2
100 Breaststroke	1:11.60	1:13.30	460	29/01/17	Worcester County Age Group Championships	Wolverhampton	WM170047	2
200 Breaststroke	2:46.42	2:49.60	376	27/10/13	Worcester SC 17th Open Meet	Worcester	WM3767	3
50 Butterfly	25.54	26.30	617	02/12/16	Swim Wales Short Course Championships	Swansea	WL160022	2
100 Butterfly	58.59	59.90	542	23/10/16	ASA National County Teams Division 2	Sheffield	ASA152	2
200 Butterfly	2:37.66	2:39.70	311	28/11/14	Halesowen Club Championships	Halesowen	WM14238	4
50 Backstroke	27.03	27.80	547	04/12/16	Swim Wales Short Course Championships	Swansea	WL160022	2
100 Backstroke	1:00.94	1:02.20	498	16/09/17	Braunstone Sports Trophy Gala 2017	Braunstone	EM171917	4
200 Backstroke	2:16.08	2:18.50	467	25/10/15	Worcester 19th Open Meet	Worcester	WM151564	3
200 Individual Medley	2:16.63	2:19.50	516	24/10/15	Worcester 19th Open Meet	Worcester	WM151564	3
100 Individual Medley	1:01.40	1:01.40	517	06/02/16	Worcester County SA County Championships	Wolverhampton	WM160094	2