

Individual Best Times (All Time)

Laura Howson - (788397) - East Grinstead Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.95	30.30	443	30/09/17	Lis Hartley Long Course Open Meet	Crawley	SE170538	3
100 Freestyle	1:12.14	1:11.00	368	07/10/12	Crawley SC Long Course Opportunity Meet	Crawley	SE2303	3
50 Breaststroke	35.89	35.00	536	08/02/20	Sussex County ASA Champs and Age Group Comp	Crawley	SE200449	1
100 Breaststroke	1:22.74	1:21.20	465	10/02/19	SUSSEX COUNTY CHAMPIONSHIPS	Crawley	SE190455	1
200 Breaststroke	3:05.86	3:03.00	405	18/03/18	Atlantis Regional-National Chaser Open Meet	Crawley	SE180295	1
50 Backstroke	36.54	36.00	397	18/03/18	Atlantis Regional-National Chaser Open Meet	Crawley	SE180295	1
100 Backstroke	1:22.88	1:21.90	330	07/10/12	Crawley SC Long Course Opportunity Meet	Crawley	SE2303	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.58	30.30	465	20/01/18	Sussex Seahawks Development Meet	Horsham	SE180398	4
100 Freestyle	1:06.22	1:07.50	436	21/06/15	Sussex Development Gala	Eastbourne	SE151263	3
200 Freestyle	2:27.55	2:29.90	417	09/11/13	East Grinstead Club Championships	East Grinstead	SE3891	4
400 Freestyle	5:30.63	5:34.90	342	18/11/15	East Grinstead Club Championships	East Grinstead	SE152135	4
50 Breaststroke	35.84	36.70	495	28/04/19	East Grinstead Spring Sprint Meet	Crawley	SE190252	3
100 Breaststroke	1:18.43	1:20.00	502	28/04/19	East Grinstead Spring Sprint Meet	Crawley	SE190252	3
200 Breaststroke	2:56.25	2:59.20	445	20/01/18	Sussex Seahawks Development Meet	Horsham	SE180398	4
50 Butterfly	35.82	36.30	315	22/04/18	East Grinstead Spring Sprint Meet	Crawley	SE180064	3
100 Butterfly	1:25.84	1:26.70	249	24/06/18	East Grinstead 2018 Summer Swimming Championships	East Grinstead	SE181547	4
50 Backstroke	35.33	35.90	365	09/10/16	Eastbourne Open Meet	Eastbourne	SE161574	3
100 Backstroke	1:16.03	1:17.10	376	03/03/13	Sussex County Championships	Crawley	CC3045	2
200 Backstroke	2:44.12	2:46.10	380	16/03/13	Sussex County Championship	Crawley	CC3046	2
200 Individual Medley	2:48.37	2:50.70	379	12/11/17	East Grinstead Club Championships	East Grinstead	SE171692	4
400 Individual Medley	6:30.18	6:34.70	292	22/06/14	East Grinstead Long Distance Championships	East Grinstead	SE4831	4
100 Individual Medley	1:15.55	1:15.60	418	22/04/18	East Grinstead Spring Sprint Meet	Crawley	SE180064	3