

Individual Best Times (All Time)

Lauren Goodyer - (830810) - Biggleswade SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.27	29.60	474	13/02/16	Bedfordshire Age Group & County Champs	Luton	ER160102	1
100 Freestyle	1:04.85	1:03.50	506	13/05/17	Team Luton May Long Course Meet 2017	Luton	ER170349	1
200 Freestyle	2:25.41	2:23.00	467	01/08/17	Swim Wales Summer Nationals	Swansea	WL170074	1
400 Freestyle	5:48.35	5:44.30	308	06/07/13	City of Coventry Graham Sykes Gala	Coventry	WM3275	3
50 Breaststroke	37.84	37.00	457	13/05/17	Team Luton May Long Course Meet 2017	Luton	ER170349	1
100 Breaststroke	1:24.41	1:22.90	438	30/01/22	Bedfordshire ASA County Championships	Luton	ER220013	1
200 Breaststroke	3:03.97	3:01.10	417	13/05/18	BPSC Spring Long Course Event 2018	Basildon	ER180360	1
50 Butterfly	32.65	32.10	418	13/05/17	Team Luton May Long Course Meet 2017	Luton	ER170349	1
100 Butterfly	1:13.79	1:12.80	425	31/01/16	Bedfordshire Age Group & County Champs	Luton	ER160101	1
200 Butterfly	2:47.11	2:45.20	387	28/01/17	Bedfordshire ASA 2017 Age Group & County Champs	Luton	ER170118	1
50 Backstroke	33.76	33.20	503	06/02/22	Bedfordshire ASA County Championships	Luton	ER220013	1
100 Backstroke	1:13.65	1:12.60	471	02/08/17	Swim Wales Summer Nationals	Swansea	WL170074	1
200 Backstroke	2:45.14	2:43.10	414	31/01/16	Bedfordshire Age Group & County Champs	Luton	ER160101	1
200 Individual Medley	2:40.19	2:37.70	488	14/02/16	Bedfordshire Age Group & County Champs	Luton	ER160102	1
400 Individual Medley	5:41.06	5:35.90	473	30/04/17	ASA East Long Course Championships	Luton	ER170219	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.92	30.60	450	06/11/16	East Swimming 2016 SC Championships	Luton	ER161979	2
100 Freestyle	1:04.83	1:06.10	465	29/10/16	Flitwick Dolphins Open Meet 2016	Biggleswade	ER161067	3
200 Freestyle	2:19.86	2:22.30	490	03/12/16	Biggleswade 2016 Club Championships	Biggleswade	ER161712	4
400 Freestyle	5:16.44	5:20.90	390	03/09/16	Biggleswade Club Championships	Biggleswade	ER161709	4
800 Freestyle	10:50.53	10:59.40	395	19/12/15	Biggleswade 2015 Club Championships	Biggleswade	ER152032	4
50 Breaststroke	37.72	38.50	425	16/12/18	2nd Christmas Cracker Meet	Biggleswade	ER181603	3
100 Breaststroke	1:20.65	1:22.20	462	22/07/18	Putteridge L2 Inaugural Alternative Nationals	Luton	ER180378	2
200 Breaststroke	2:52.94	2:56.00	471	21/07/18	Putteridge L2 Inaugural Alternative Nationals	Luton	ER180378	2
50 Butterfly	32.13	32.70	436	16/10/16	Wycombe District Inaugural Premier Meet	Wycombe	SE160112	2
100 Butterfly	1:12.60	1:13.60	412	18/12/16	BPSC Last Chance County Qualifier 2016	Basildon	ER160487	3
200 Butterfly	2:39.79	2:41.80	419	13/03/16	Mid Beds Swim Squad Level 2 Open Meet	Biggleswade	ER160410	2
50 Backstroke	32.07	32.70	488	21/07/18	Putteridge L2 Inaugural Alternative Nationals	Luton	ER180378	2
100 Backstroke	1:10.69	1:11.80	468	15/07/18	Biggleswade 19th Open Meet	Biggleswade	ER181325	3
200 Backstroke	2:34.50	2:36.60	456	15/07/18	Biggleswade 19th Open Meet	Biggleswade	ER181325	3
200 Individual Medley	2:32.77	2:35.30	507	21/07/18	Putteridge L2 Inaugural Alternative Nationals	Luton	ER180378	2
400 Individual Medley	5:29.03	5:34.30	487	05/11/16	East Swimming 2016 SC Championships	Luton	ER161979	2
100 Individual Medley	1:12.52	1:12.50	473	10/09/22	Biggleswade SC 2022 Club Championships	Saxon Pool	ER221263	4