

# Individual Best Times (All Time)

Laurence Metcalfe - (842110) - Keynsham SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	26.88	26.10	470	10/07/16	City of Bristol Summer Festival Open Meet	Bristol	SW160681	3
100 Freestyle	59.05	57.60	499	09/04/16	City of Bristol International Open Meet	Bristol	SW160503	1
200 Freestyle	2:12.87	2:10.20	452	16/01/16	City of Derby Fifteenth LC L1 Open Meet	Sheffield	EM160127	1
400 Freestyle	5:12.12	5:07.60	350	03/11/13	City of Bristol SC Level 3 LC Open Meet	Bristol	SW3622	3
50 Breaststroke	37.35	36.50	335	10/04/16	City of Bristol International Open Meet	Bristol	SW160503	1
100 Breaststroke	1:23.10	1:21.60	320	08/08/14	Swim Wales Summer Nationals 2014	Swansea	WAL585	1
50 Butterfly	27.62	26.90	524	10/07/16	City of Bristol Summer Festival Open Meet	Bristol	SW160681	3
100 Butterfly	1:07.89	1:06.80	386	08/06/14	ASA South West Region AG Championships	Millfield	SWR404	1
50 Backstroke	30.39	29.70	465	12/03/17	United Bristol Qual Level 1 Open Meet	Bristol	SW170483	1
100 Backstroke	1:03.65	1:02.40	532	31/07/16	British Summer Championships	Sheffield	ASA148	1
200 Backstroke	2:20.53	2:18.10	505	03/05/15	ASA South West Summer Championships	Plymouth	SW150229	1
200 Individual Medley	2:29.13	2:26.50	446	10/04/16	City of Bristol International Open Meet	Bristol	SW160503	1
400 Individual Medley	5:59.34	5:54.40	307	02/11/13	City of Bristol SC Level 3 LC Open Meet	Bristol	SW3622	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.02	26.80	465	12/02/17	Somerset County Championships 2017	Millfield	SW170134	2
100 Freestyle	57.16	58.60	482	21/11/15	Aquae Sulis Grand Prix	Bristol	SW150917	2
200 Freestyle	2:09.92	2:12.60	447	18/10/15	GCSC Level 2 October Meet	Gloucester	SW150758	2
400 Freestyle	4:46.57	4:51.40	406	01/03/15	Somerset ASA Championships	Millfield	CC150475	2
50 Breaststroke	36.08	36.90	330	28/11/15	Keynsham ASC Club Championships	Keynsham	SW152316	4
100 Breaststroke	1:20.17	1:21.70	327	03/05/14	City of Newport Spring Open Meet	Newport	WAL565	2
200 Breaststroke	3:01.04	3:03.90	292	15/03/14	Somerset County Championships	Millfield	CC4077	2
50 Butterfly	27.39	28.10	500	11/02/17	Somerset County Championships 2017	Millfield	SW170133	2
100 Butterfly	1:04.16	1:05.30	412	26/11/16	Keynsham Club Championships 2016	Keynsham	SW161984	4
50 Backstroke	29.23	29.90	432	19/12/15	City of Bristol Level 2 Open Meet	Hengrove Park	SW151969	2
100 Backstroke	1:02.76	1:04.00	456	19/12/15	City of Bristol Level 2 Open Meet	Hengrove Park	SW151969	2
200 Backstroke	2:14.57	2:17.00	483	20/12/15	City of Bristol Level 2 Open Meet	Hengrove Park	SW151969	2
200 Individual Medley	2:26.01	2:28.70	423	17/10/15	GCSC Level 2 October Meet	Gloucester	SW150758	2
400 Individual Medley	5:33.01	5:38.20	350	16/03/14	Somerset County Championships	Millfield	CC4077	2
100 Individual Medley	1:07.59	1:07.60	387	22/11/15	Aquae Sulis Grand Prix	Bristol	SW150917	2