

# Individual Best Times (All Time)

Lauren Cooper - (847437) - Beacon SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.89	29.20	492	11/02/18	Sussex County Championships & Age Group Comp	Crawley	SE180607	1
100 Freestyle	1:05.44	1:04.10	493	18/03/18	Atlantis Regional-National Chaser Open Meet	Crawley	SE180295	1
200 Freestyle	2:25.40	2:23.00	467	25/02/17	Sussex County Championships & Age Group Comp	Crawley	SE170354	1
400 Freestyle	5:27.57	5:23.20	371	15/03/15	Sussex County Championships	Crawley	CC150379	1
800 Freestyle	10:22.40	10:13.00	472	04/02/18	Sussex County Championships & Age Group Comp	Crawley	SE180606	1
50 Breaststroke	37.48	36.60	470	13/02/16	Sussex County Championships	Crawley	SE160360	1
100 Breaststroke	1:21.84	1:20.30	481	25/03/17	Guildford City Springboard Level 1 Open Meet	Surrey	SE170124	1
200 Breaststroke	3:00.22	2:57.30	444	25/10/15	Frome Autumn Open Meet	Millfield	SW150869	3
50 Butterfly	33.12	32.50	401	29/09/18	Lis Hartley Long Course Open Meet	Crawley	SE180015	3
100 Butterfly	1:20.64	1:19.70	325	28/02/16	Sussex County Championships	Crawley	SE160361	1
50 Backstroke	38.96	38.40	327	26/10/14	Frome Autumn Open Meet	Millfield	SW4288	3
200 Individual Medley	2:39.39	2:36.90	495	09/04/17	Crawley Spring LC Level 1 Meet	Crawley	SE170006	1
400 Individual Medley	5:55.82	5:50.80	417	27/02/16	Sussex County Championships	Crawley	SE160361	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.38	30.10	475	29/06/19	Beacon Club Championships 2019	Crowborough	SE191900	4
100 Freestyle	1:02.92	1:04.20	509	20/01/18	Sussex Seahawks Development Meet	Horsham	SE180398	4
200 Freestyle	2:15.87	2:18.40	535	01/07/17	Beacon Club Championships	Crowborough	SE170950	4
400 Freestyle	4:54.93	4:59.70	482	16/07/17	Beacon Club Championships	Crowborough	SE170951	4
800 Freestyle	9:56.19	10:05.80	513	26/06/17	Beacon Club Championships	Crowborough	SE170949	4
50 Breaststroke	35.44	36.30	512	26/11/16	Beacon Club Championships	Crowborough	SE160926	4
100 Breaststroke	1:18.37	1:20.00	503	20/11/16	Beacon Club Championships	Crowborough	SE160925	4
200 Breaststroke	2:50.18	2:53.30	494	19/11/16	Beacon Club Championships	Crowborough	SE160925	4
50 Butterfly	33.02	33.60	402	20/10/18	Sussex County ASA Winter SC Competition 2018	Crawley	SE182070	2
100 Butterfly	1:15.56	1:16.60	366	02/07/17	Beacon Club Championships	Crowborough	SE170950	4
50 Backstroke	34.21	34.80	402	30/06/19	Beacon Club Championships 2019	Crowborough	SE191900	4
100 Backstroke	1:14.00	1:15.10	408	20/01/18	Sussex Seahawks Development Meet	Horsham	SE180398	4
200 Backstroke	2:43.13	2:45.20	387	26/11/16	Beacon Club Championships	Crowborough	SE160926	4
200 Individual Medley	2:34.91	2:37.40	486	13/10/18	NASL South Round One 2018	Eastbourne	SE182190	3
400 Individual Medley	5:29.78	5:35.10	484	01/12/16	Beacon Club Championships	Crowborough	SE160927	4
100 Individual Medley	1:10.83	1:10.80	507	19/11/16	Beacon Club Championships	Crowborough	SE160925	4