

Individual Best Times (All Time)

Lara Hawkes - (875436) - Grantham SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	33.08	32.40	363	21/12/14	Derventio Excel 2nd Christmas Cracker	Sheffield	EM4932	1
100 Freestyle	1:06.21	1:04.90	476	08/04/17	Derventio Excel 11th LC Open Meet	Sheffield	EM170259	1
200 Freestyle	2:25.28	2:22.90	468	16/01/16	City of Coventry January Meet	Coventry	WM160245	3
400 Freestyle	4:55.02	4:50.20	507	27/05/17	ASA EM Region Youth Champs 2017	Sheffield	EM170474	1
800 Freestyle	10:16.50	10:07.00	486	29/05/17	ASA EM Region Youth Champs 2017	Sheffield	EM170474	1
50 Breaststroke	58.94	58.40	121	01/07/12	City of Coventry Graham Sykes Gala	Coventry	WM2023	3
100 Breaststroke	1:27.02	1:25.60	400	28/05/17	ASA EM Region Youth Champs 2017	Sheffield	EM170474	1
200 Breaststroke	2:58.40	2:55.40	458	08/04/17	Derventio Excel 11th LC Open Meet	Sheffield	EM170259	1
50 Butterfly	35.06	34.50	338	16/01/16	City of Coventry January Meet	Coventry	WM160245	3
100 Butterfly	1:14.18	1:13.10	418	28/05/17	ASA EM Region Youth Champs 2017	Sheffield	EM170474	1
200 Butterfly	2:44.36	2:42.40	407	07/10/17	Lincoln Vulcans Long Course Open Meet	Sheffield	EM171188	1
200 Backstroke	3:05.36	3:03.50	293	04/10/14	Robin Hood Open Meet 2014	Sheffield	EM4455	1
200 Individual Medley	2:39.99	2:37.50	489	27/05/17	ASA EM Region Youth Champs 2017	Sheffield	EM170474	1
400 Individual Medley	5:48.78	5:43.70	442	29/05/16	ASA East Midland Region Swimming Champs	Corby	EM160779	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.69	31.40	417	04/02/17	Lincolnshire County Championships 2017	Louth	EM170027	2
100 Freestyle	1:04.85	1:06.10	465	05/02/17	Lincolnshire County Championships 2017	Louth	EM170027	2
200 Freestyle	2:17.54	2:20.00	515	20/01/18	Lincolnshire County Championships 2018	Grantham	EM180022	2
400 Freestyle	4:45.15	4:50.00	533	21/01/18	Lincolnshire County Championships 2018	Grantham	EM180022	2
800 Freestyle	9:51.82	10:01.50	524	18/02/17	Lincolnshire County Championships 2017	Grantham	EM170028	2
50 Breaststroke	39.09	39.90	382	05/02/17	Lincolnshire County Championships 2017	Louth	EM170027	2
100 Breaststroke	1:21.93	1:23.50	440	04/02/17	Lincolnshire County Championships 2017	Louth	EM170027	2
200 Breaststroke	2:54.14	2:57.10	461	20/01/18	Lincolnshire County Championships 2018	Grantham	EM180022	2
50 Butterfly	33.31	33.90	392	05/02/17	Lincolnshire County Championships 2017	Louth	EM170027	2
100 Butterfly	1:12.28	1:13.30	418	20/01/18	Lincolnshire County Championships 2018	Grantham	EM180022	2
200 Butterfly	2:37.54	2:39.50	437	18/06/17	Grantham Club Championships	Grantham	EM170995	3
50 Backstroke	38.55	39.10	281	07/05/16	Grantham Grand Prix	Grantham	EM160196	3
100 Backstroke	1:20.60	1:21.60	315	12/06/16	Grantham Club Championships 2016	Grantham	EM161050	3
200 Backstroke	2:45.12	2:47.10	373	06/02/16	Lincolnshire County Championships 2016	Louth	EM160115	2
200 Individual Medley	2:36.58	2:39.10	471	04/02/17	Lincolnshire County Championships 2017	Louth	EM170027	2
400 Individual Medley	5:37.37	5:42.50	452	24/01/16	Lincolnshire County Championships 2016	Grantham	EM160114	2
100 Individual Medley	1:14.06	1:14.10	444	20/01/18	Lincolnshire County Championships 2018	Grantham	EM180022	2