

Individual Best Times (All Time)

Lauren Gordon - (909080) - Blyth Lifeguard & Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	32.57	31.90	380	05/07/15	City of Sunderland Summer Splash 2015	Sunderland	NE151248	3
100 Freestyle	1:41.75	1:40.90	131	07/10/12	Northumberland & Durham Autumn Meet 2012	Sunderland	NE2628	3
200 Freestyle	2:43.09	2:40.90	331	05/07/15	City of Sunderland Summer Splash 2015	Sunderland	NE151248	3
400 Freestyle	5:53.11	5:49.10	296	02/11/14	City of Sunderland Firecracker Meet	Sunderland	NE14446	3
50 Breaststroke	39.08	38.30	415	04/02/18	N & D 2018 Championships	Sunderland	NE180242	1
100 Breaststroke	1:24.73	1:23.20	433	05/02/17	Northumberland & Durham SA 2017 Championships	Sunderland	NE170189	1
200 Breaststroke	3:03.66	3:00.80	420	03/02/18	N & D 2018 Championships	Sunderland	NE180242	1
50 Butterfly	45.44	45.00	155	12/10/13	Northumberland & Durham SA Autumn Meet	Sunderland	NE3822	3
100 Backstroke	1:38.73	1:37.90	195	13/07/13	City of Sunderland Summer Splash	Sunderland	NE3542	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.19	31.90	397	09/04/16	Gateshead & Whickham Spring Meet	Dunston	NE160595	3
100 Freestyle	1:04.87	1:06.10	464	10/12/17	Middlesbrough Christmas 2017 Meet	The Neptune Centre	NE171230	3
200 Freestyle	2:22.14	2:24.60	467	07/04/19	Tynedale SC Invitational Meet	Hexham	NE191787	3
50 Breaststroke	37.57	38.40	430	21/10/17	Middlesbrough Halloween 2017 Meet	The Neptune Centre	NE171231	2
100 Breaststroke	1:21.96	1:23.50	440	04/12/16	Blyth Xmas Cracker	Blyth	NE161209	3
200 Breaststroke	2:58.50	3:01.40	428	11/03/17	Tynemouth Spring Gala	Tynemouth	NE170400	3
50 Butterfly	31.95	32.50	444	07/04/19	Tynedale SC Invitational Meet	Hexham	NE191787	3
100 Butterfly	1:16.08	1:17.10	358	19/11/16	Tynemouth Winter Gala	Tynemouth	NE161575	3
50 Backstroke	37.39	37.90	307	11/03/17	Tynemouth Spring Gala	Tynemouth	NE170400	3
100 Backstroke	1:23.14	1:24.10	287	04/12/16	Blyth Xmas Cracker	Blyth	NE161209	3
200 Backstroke	3:18.60	3:20.30	214	29/03/14	North Tyneside Mad March Hare Extravaganza	Stanley	NE4109	3
200 Individual Medley	2:40.31	2:42.80	439	07/04/19	Tynedale SC Invitational Meet	Hexham	NE191787	3
100 Individual Medley	1:18.36	1:18.40	375	14/05/16	Tynemouth Open Sprints & Teams 2016	Tynemouth	NE160602	4