

Individual Best Times (All Time)

Lauren Heppell - (967721) - Chester-Le-Street SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.05	28.30	536	30/04/22	SE North East Region Open/Youth Championships 2022	Sheffield	NE220860	1
100 Freestyle	1:02.68	1:01.30	561	01/02/20	Northumberland & Durham SA County Championships	Sunderland	NE200404	1
200 Freestyle	2:13.56	2:10.90	603	30/04/22	SE North East Region Open/Youth Championships 2022	Sheffield	NE220860	1
400 Freestyle	4:44.22	4:39.20	567	01/05/22	SE North East Region Open/Youth Championships 2022	Sheffield	NE220860	1
800 Freestyle	9:47.79	9:37.90	561	01/04/22	City of Sunderland ASC National Qualifier 2022	Sunderland	NE220261	1
1500 Freestyle	19:00.08	18:41.80	526	24/03/23	City of Sheffield SS Premier Open Meet 2023	Sheffield	NE230254	1
50 Breaststroke	41.88	41.10	337	07/07/19	City of Sunderland ASC Summer Splash 2019	Sunderland	NE192020	3
100 Breaststroke	1:35.70	1:34.40	300	07/07/19	City of Sunderland ASC Summer Splash 2019	Sunderland	NE192020	3
200 Breaststroke	3:36.53	3:34.10	256	25/02/17	Northumberland & Durham SA 2017 Championships	Sunderland	NE170190	1
50 Butterfly	31.56	31.00	463	04/02/24	Northumberland & Durham SA County Championships 24	Sunderland	NE240247	1
100 Butterfly	1:09.97	1:08.90	498	03/02/24	Northumberland & Durham SA County Championships 24	Sunderland	NE240247	1
200 Butterfly	2:35.93	2:33.90	476	01/04/23	City of Sunderland National Qualifier Meet 2023	Sunderland	NE230413	1
50 Backstroke	35.24	34.70	442	15/02/20	Northumberland & Durham SA County Championships	Sunderland	NE200405	1
100 Backstroke	1:17.60	1:16.60	403	15/02/20	Northumberland & Durham SA County Championships	Sunderland	NE200405	1
200 Backstroke	2:58.23	2:56.30	329	26/02/17	Northumberland & Durham SA 2017 Championships	Sunderland	NE170190	1
200 Individual Medley	2:41.26	2:38.80	478	14/04/24	City of Sunderland National Qualifier 2024	Sunderland	NE240694	1
400 Individual Medley	5:44.68	5:39.50	458	24/03/19	City of Sunderland National Qualifier 2019	Sunderland	NE190554	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.56	29.30	517	26/11/23	Tynemouth ASC Autumn Meet 2023	Tynemouth	NE231810	3
100 Freestyle	1:01.23	1:02.60	552	07/04/24	Chester-le-street Open Meet 2024	Chester le Street	NE240794	3
200 Freestyle	2:11.07	2:13.70	596	10/12/23	Scottish National Short Course Championships 2023	Edinburgh	SCO2114	2
400 Freestyle	4:37.57	4:42.60	578	26/11/23	Tynemouth ASC Autumn Meet 2023	Tynemouth	NE231810	3
800 Freestyle	9:37.85	9:47.80	563	05/11/22	SE North East Open Championships (25m) 2022	Sheffield	NE221572	2
1500 Freestyle	18:18.68	18:37.30	564	10/12/23	Scottish National Short Course Championships 2023	Edinburgh	SCO2114	2
50 Breaststroke	40.29	41.10	349	24/11/19	Tynemouth ASC 2019 Winter Gala	Tynemouth	NE193337	3
100 Breaststroke	1:24.84	1:26.30	397	07/03/20	Tynemouth 2020 Club Championships	Tynemouth	NE200498	4
200 Breaststroke	3:05.46	3:08.30	382	08/12/19	Middlesbrough Christmas 2019 Meet	Middlesbrough	NE192243	3
50 Butterfly	31.27	31.90	473	25/11/23	Tynemouth ASC Autumn Meet 2023	Tynemouth	NE231810	3
100 Butterfly	1:08.93	1:10.00	482	26/11/23	Tynemouth ASC Autumn Meet 2023	Tynemouth	NE231810	3
200 Butterfly	2:31.23	2:33.30	494	25/11/23	Tynemouth ASC Autumn Meet 2023	Tynemouth	NE231810	3
50 Backstroke	34.23	34.80	401	01/06/24	Wear Valley June Velocity Level 3 Meet 2024	Bishop Auckland	NE240991	3
100 Backstroke	1:14.10	1:15.20	406	07/03/20	Tynemouth 2020 Club Championships	Tynemouth	NE200498	4
200 Backstroke	2:40.94	2:43.00	403	24/11/19	Tynemouth ASC 2019 Winter Gala	Tynemouth	NE193337	3
200 Individual Medley	2:33.97	2:36.50	495	07/03/20	Tynemouth 2020 Club Championships	Tynemouth	NE200498	4
400 Individual Medley	5:32.27	5:37.50	473	23/11/19	Tynemouth ASC 2019 Winter Gala	Tynemouth	NE193337	3
100 Individual Medley	1:12.93	1:12.90	465	17/06/23	Newcastle Swim Team Summer Spectacular Sprint Meet	Tynemouth	NE230909	3