

Individual Best Times (All Time)

Lara Sinclair-Banks - (976894) - Market Harborough SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.73	28.00	554	25/02/23	BUCS Long Course Swimming Championships 2023	Sheffield	NE230349	1
100 Freestyle	1:02.73	1:01.40	560	25/02/17	NASA 2017 County Championships	Corby	EM170549	1
200 Freestyle	2:21.28	2:18.80	509	07/02/15	Derwentio Excel February Festival	Sheffield	EM150033	1
400 Freestyle	5:06.48	5:01.90	453	08/03/15	Leicestershire County Age Groups & Championships	Loughborough	CC150152	1
800 Freestyle	11:51.37	11:43.20	316	09/02/14	Leicestershire & Lincolnshire Long Distance Meet	Loughborough	CC4070	1
100 Breaststroke	1:35.42	1:34.10	303	22/10/16	Corby 2nd Annual LC Open Meet	Corby	EM161799	3
50 Butterfly	31.65	31.00	459	23/03/19	Corby Annual Long Course Open Meet	Corby	EM190406	3
100 Butterfly	1:16.11	1:15.10	387	27/01/18	NASA 2018 County Championships	Corby	EM180560	1
50 Backstroke	32.81	32.20	548	07/05/18	Swim England East Midland Championships 2018	Sheffield	EM180960	1
100 Backstroke	1:12.61	1:11.50	492	09/07/17	Northampton 2017 Long Course Summer Festival	Corby	EM170339	3
200 Backstroke	2:38.38	2:36.30	469	11/02/18	NASA 2018 County Championships	Corby	EM180561	1
200 Individual Medley	2:44.22	2:41.80	452	31/01/16	The Leicestershire County Age Groups & Champs	Loughborough	EM160198	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.79	28.50	561	02/02/20	2020 LASA County Age Group & Championships	Hinckley	EM200330	2
100 Freestyle	1:01.04	1:02.40	557	01/02/20	2020 LASA County Age Group & Championships	Hinckley	EM200330	2
200 Freestyle	2:18.11	2:20.60	509	04/10/14	Leicester Penguins Open Meet	Braunstone	EM4336	3
400 Freestyle	4:53.72	4:58.50	488	09/04/16	The 2016 Leicester Age Group Meet	Braunstone	EM160768	3
800 Freestyle	10:32.54	10:41.60	429	22/11/14	Leicester Penguins Club Championships	Braunstone	EM4267	4
50 Breaststroke	38.82	39.60	390	07/07/19	Braunstone Sprint Open Meet 2019	Braunstone	EM191814	3
100 Breaststroke	1:31.15	1:32.50	320	31/08/14	Leicester Penguins Club Championships	Braunstone	EM4267	4
200 Breaststroke	3:13.69	3:16.40	335	25/10/14	Leicester Penguins Club Championships	Braunstone	EM4267	4
50 Butterfly	30.47	31.10	512	01/02/20	2020 LASA County Age Group & Championships	Hinckley	EM200330	2
100 Butterfly	1:18.34	1:19.30	328	15/11/15	Leicester Penguins Club Championships	Nuneaton	EM151861	4
200 Butterfly	2:51.63	2:53.50	338	07/03/19	Market Harborough Annual Club Championships	Market Harborough	EM191207	4
50 Backstroke	31.58	32.20	511	02/02/20	2020 LASA County Age Group & Championships	Hinckley	EM200330	2
100 Backstroke	1:07.62	1:08.80	534	18/01/20	2020 LASA County Age Group & Championships	Braunstone	EM200329	2
200 Backstroke	2:35.92	2:38.00	443	09/04/16	The 2016 Leicester Age Group Meet	Braunstone	EM160768	3
200 Individual Medley	2:37.54	2:40.00	462	08/04/16	The 2016 Leicester Age Group Meet	Braunstone	EM160768	3
400 Individual Medley	5:57.95	6:02.80	378	31/08/14	Leicester Penguins Club Championships	Braunstone	EM4267	4
100 Individual Medley	1:10.55	1:10.60	513	07/07/19	Braunstone Sprint Open Meet 2019	Braunstone	EM191814	3