

# Individual Best Times (All Time)

Laurence Chalk - (509713) - Sudbury & District SC - 100 Freestyle - Short Course

Performance Graph

Drag to Zoom, right click to reset.

## Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
56.85	490		27/09/14	Sudbury & District SC Michaelmas Two Day Meet	Sudbury	Colchester	3
57.02	486	H	29/11/14	Essex Senior Junior Championships	Basildon		2
57.04	485	F	09/03/14	Suffolk County ASA County Championships	Ipswich	Sudbury	2
57.29	479	F	11/10/14	National Arena League London Premier	Harlow	Colchester	2
57.32	478		28/09/13	Sudbury & District SC Michaelmas Two Day Meet	Sudbury	Sudbury	3
57.33	478		11/04/15	Sudbury Spring Two Day Open Meet	Sudbury	Sudbury	3
57.62	471		26/09/15	Michaelmas Two Day Open Meet	Sudbury	Sudbury	3
57.71	469		11/01/14	Sudbury & District January Time Trials	Sudbury	Sudbury	3
57.71	469	F	02/11/14	Teampswich Open Meet	Ipswich	Colchester	3
57.72	468	H	15/12/13	Suffolk County ASA Three Counties Gala	Ipswich	Sudbury	2
57.72	468	H	08/11/15	ASA East Region Winter Championships 2015	Luton		2
57.73	468		13/07/14	Sudbury & District SC Club Championships 2014	Sudbury	Sudbury	4
57.93	463		28/06/13	Sudbury & District Club Championships	Sudbury	Sudbury	4
58.31	454	H	25/10/14	Colchester Club Championships	Colchester		4
58.65	446		12/07/15	Sudbury & District Club Championships 2015	Sudbury	Sudbury	4
58.69	445	H	07/12/14	Braintree & Bocking Christmas 2014	Braintree		3
58.90	441		12/05/13	Sudbury & District Last Chance Time Trial	Sudbury	Sudbury	3
59.22	434	F	14/12/13	London National Arena Swimming League	Harlow	Sudbury	3
59.50	428	F	12/10/13	The National Arena Swimming League London	Harlow	Sudbury	3
59.65	424	F	11/03/13	Suffolk County Championships	Ipswich	Sudbury	2
59.75	422		06/04/13	Sudbury & District Spring Meet	Sudbury	Sudbury	3
59.96	418	F	09/11/13	The National Arena Swimming League London	Eltham	Sudbury	3
1:00.03	416		29/09/12	Sudbury Michaelmas Olympic Special	Sudbury	Sudbury	3
1:00.37	409		13/01/13	Sudbury & District Last Chance Open Meet	Sudbury	Sudbury	3
1:00.97	397		04/07/12	Sudbury & District Club Championships	Sudbury	Sudbury	4
1:01.80	381	F	13/05/12	West Suffolk Open Meet	Bury St Edmunds	Sudbury	3
1:03.03	355	H	11/03/13	Suffolk County Championships	Newmarket	Sudbury	2

1:05.32	333	H	11/03/12	Suffolk County Championships	Newmarket	Sudbury	
1:07.57	292		15/05/11	Sudbury & District Two Day Meet	Sudbury	Sudbury	4
1:08.00	286		06/03/11	Suffolk County Championships	Ipswich	Sudbury	2
1:08.25	283		06/03/11	Suffolk County Championships	Ipswich	Sudbury	2
1:08.53	280	H	23/10/11	teamipswich 13th Open Meet	Ipswich	Sudbury	2
1:09.19	272		24/04/11	Newmarket 3rd Annual Open Meet	Newmarket	Sudbury	3
1:11.29	248	H	09/01/11	teamipswich 12th Licensed Open Meet	Ipswich	Sudbury	3
1:15.36	210		01/09/10	Sudbury & Dist Club Chmps	Sudbury	Sudbury	4
1:20.39	173		21/06/10	Suffolk County Development	Ipswich	Sudbury	3

## Swims in Date Order

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57.29	479	F	11/10/14	National Arena League London Premier	Harlow	Colchester	2
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57.73	468		13/07/14	Sudbury & District SC Club Championships 2014	Sudbury	Sudbury	4
57.04	485	F	09/03/14	Suffolk County ASA County Championships	Ipswich	Sudbury	2
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