

Individual Best Times (All Time)

Lauren Heppell - (967721) - Chester-Le-Street SC - 200 Individual Medley - 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
2:33.97	495	F	07/03/20	Tynemouth 2020 Club Championships	Tynemouth	Tynemouth	4
2:36.07	476	H	15/06/19	Middlesbrough 2019 June Meet Gala	The Neptune Centre	Tynemouth	3
2:36.42	472	H	07/04/24	Chester-le-street Open Meet 2024	Chester le Street	Chester Le S	3
2:36.48	472	H	15/01/23	Newcastle Swim Team County Qualifier Meet 2023	Tynemouth	Newcastle	3
2:36.80	469	H	11/10/19	BOSSS Winter Swim Festival 2019	Billingham	Tynemouth	2
2:36.91	468	H	01/06/24	Wear Valley June Velocity Level 3 Meet 2024	Bishop Auckland	Chester Le S	3
2:37.25	465	H	16/11/19	Stockport Metro November SC Open Meet	Grand Central Pools	Tynemouth	2
2:37.47	463	H	22/06/24	Tynemouth ASC Summer Meet 2024	North Shields	Chester Le S	3
2:37.59	462	H	27/11/22	Tynemouth ASC Winter Gala 2022	North Shields	Newcastle	3
2:38.67	453	H	30/10/21	City of Sunderland Spooktacular 2021	Sunderland	Newcastle	3
2:38.94	450	F	22/11/19	Tynemouth ASC 2019 Winter Gala	Tynemouth	Tynemouth	3
2:43.80	411	F	16/11/18	TASC Winer Gala	Tynemouth Pool	Tynemouth	3
2:47.24	386	H	07/04/18	Gaw Spring Meet	Dunston	Chester Le S	3
2:48.73	376	H	24/02/18	MASC AA Grade 2018 Gala	The Neptune Centre	Chester Le S	3
2:48.91	375	H	29/10/17	ASA North East Region Age Group Championships	Sunderland	Chester Le S	2
2:49.32	372	F	17/03/18	Tynemouth ASC 2018 Spring Gala	Tynemouth Pool	Chester Le S	3
2:50.79	363	F	11/03/17	Tynemouth Spring Gala	Tynemouth		3
2:52.01	355	F	17/11/17	Tynemouth ASC Winter Gala	Tynemouth		3
2:52.48	352	H	17/06/17	Middlesbrough 2017 Open Meet Gala	Middlesbrough	Chester Le S	3
2:55.29	335	H	16/09/17	Richmond Dales Back to School Gala	Middlesbrough	Chester Le S	3
3:02.64	297	H	08/10/16	City of Sunderland Short Course Qualifier	Sunderland	Chester Le S	2
3:04.24	289	F	18/11/16	Tynemouth Winter Gala	Tynemouth	Chester Le S	3
3:05.83	281	H	17/09/16	Richmond Dales Back to School Gala	Durham	Chester Le S	3
3:06.21	280	H	16/07/16	GAW Summer Invitation Meet	Dunston	Chester Le S	4
3:08.56	269	H	09/04/16	Gateshead & Whickham Spring Meet	Dunston	Chester Le S	3
3:09.64	265	H	07/05/16	Newcastle Swim Team Invitational Shrimp Gala	Stanley	Chester Le S	4
3:10.81	260	H	24/04/16	Chester Le Street Annual Club Gala	Chester Le Street	Chester Le S	3

3:10.01	200	H	24/04/16	Chester le Street Annual Club Gala	Chester-le-Street	Chester Le S	3
3:19.76	227	H	29/11/15	Newcastle Swim Team Invitational Shrimp Gala	Tynemouth		4
3:21.42	221	H	19/09/15	Richmond Dales Open Meet	Durham		3
3:26.15	206	H	24/10/15	Chester-Le-Street 40th Anniversary Junior Meet	Chester-Le-Street		3
3:27.10	203	H	15/02/15	Gateshead & Whickham February Invitation Meet	Gateshead		3
3:28.61	199	H	18/07/15	Gateshead & Whickham Summer Invitation Meet	Dunston		3
3:30.31	194	H	25/04/15	Chester le Street Open Meet	Chester-le-Street		3

Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
2:37.47	463	H	22/06/24	Tynemouth ASC Summer Meet 2024	North Shields	Chester Le S	3
2:36.91	468	H	01/06/24	Wear Valley June Velocity Level 3 Meet 2024	Bishop Auckland	Chester Le S	3
2:36.42	472	H	07/04/24	Chester-le-street Open Meet 2024	Chester le Street	Chester Le S	3
2:36.48	472	H	15/01/23	Newcastle Swim Team County Qualifier Meet 2023	Tynemouth	Newcastle	3
2:37.59	462	H	27/11/22	Tynemouth ASC Winter Gala 2022	North Shields	Newcastle	3
2:38.67	453	H	30/10/21	City of Sunderland Spooktacular 2021	Sunderland	Newcastle	3
2:33.97	495	F	07/03/20	Tynemouth 2020 Club Championships	Tynemouth	Tynemouth	4
2:38.94	450	F	22/11/19	Tynemouth ASC 2019 Winter Gala	Tynemouth	Tynemouth	3
2:37.25	465	H	16/11/19	Stockport Metro November SC Open Meet	Grand Central Pools	Tynemouth	2
2:36.80	469	H	11/10/19	BOSSS Winter Swim Festival 2019	Billingham	Tynemouth	2
2:36.07	476	H	15/06/19	Middlesbrough 2019 June Meet Gala	The Neptune Centre	Tynemouth	3
2:43.80	411	F	16/11/18	TASC Winer Gala	Tynemouth Pool	Tynemouth	3
2:47.24	386	H	07/04/18	Gaw Spring Meet	Dunston	Chester Le S	3
2:49.32	372	F	17/03/18	Tynemouth ASC 2018 Spring Gala	Tynemouth Pool	Chester Le S	3
2:48.73	376	H	24/02/18	MASC AA Grade 2018 Gala	The Neptune Centre	Chester Le S	3
2:52.01	355	F	17/11/17	Tynemouth ASC Winter Gala	Tynemouth		3
2:48.91	375	H	29/10/17	ASA North East Region Age Group Championships	Sunderland	Chester Le S	2
2:55.29	335	H	16/09/17	Richmond Dales Back to School Gala	Middlesbrough	Chester Le S	3
2:52.48	352	H	17/06/17	Middlesbrough 2017 Open Meet Gala	Middlesbrough	Chester Le S	3
2:50.79	363	F	11/03/17	Tynemouth Spring Gala	Tynemouth		3
3:04.24	289	F	18/11/16	Tynemouth Winter Gala	Tynemouth	Chester Le S	3
3:02.64	297	H	08/10/16	City of Sunderland Short Course Qualifier	Sunderland	Chester Le S	2
3:05.83	281	H	17/09/16	Richmond Dales Back to School Gala	Durham	Chester Le S	3
3:06.21	280	H	16/07/16	GAW Summer Invitation Meet	Dunston	Chester Le S	4
3:09.64	265	H	07/05/16	Newcastle Swim Team Invitational Shrimp Gala	Stanley	Chester Le S	4
3:10.81	260	H	24/04/16	Chester le Street Annual Club Gala	Chester-le-Street	Chester Le S	3
3:08.56	269	H	09/04/16	Gateshead & Whickham Spring Meet	Dunston	Chester Le S	3
3:19.76	227	H	29/11/15	Newcastle Swim Team Invitational Shrimp Gala	Tynemouth		4
3:26.15	206	H	24/10/15	Chester-Le-Street 40th Anniversary Junior Meet	Chester-Le-Street		3
3:21.42	221	H	19/09/15	Richmond Dales Open Meet	Durham		3
3:28.61	199	H	18/07/15	Gateshead & Whickham Summer Invitation Meet	Dunston		3
3:30.31	194	H	25/04/15	Chester le Street Open Meet	Chester-le-Street		3
3:27.10	203	H	15/02/15	Gateshead & Whickham February Invitation Meet	Gateshead		3