

Individual Best Times (All Time)

Lawrie Arrowsmith - (917845) - Romford Town SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	35.62	35.00	202	21/12/13	Basildon & Phoenix Winter Long Course Meet	Basildon	ER3693	1
100 Freestyle	1:24.08	1:23.10	173	15/07/12	Northampton SC Summer Festival Meet 2012	Corby	EM2254	4
200 Breaststroke	4:16.01	4:13.90	117	15/07/12	Northampton SC Summer Festival Meet 2012	Corby	EM2254	4
50 Backstroke	41.74	41.30	179	24/11/13	Essex Winter Long Course Competition	Basildon	ER3696	1
100 Backstroke	1:32.09	1:31.20	175	23/11/13	Essex Winter Long Course Competition	Basildon	ER3696	1
200 Backstroke	3:15.60	3:13.90	187	24/11/13	Essex Winter Long Course Competition	Basildon	ER3696	1
200 Individual Medley	3:21.78	3:19.80	180	14/07/12	Northampton SC Summer Festival Meet 2012	Corby	EM2254	4

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	34.47	35.10	200	01/11/14	Teamipswich Open Meet	Ipswich	ER4820	3
100 Freestyle	1:16.54	1:17.60	201	26/04/14	London Borough of Redbridge Meet 2014	Barking	LR4030	3
200 Freestyle	2:42.91	2:45.00	226	01/11/14	Teamipswich Open Meet	Ipswich	ER4820	3
50 Breaststroke	54.12	54.70	97	23/09/12	Romford Town David Jacob Gala	Romford	LR2350	3
200 Breaststroke	4:08.24	4:10.40	113	31/03/12	Essex County Championships	Basildon	CC2061	2
50 Butterfly	41.84	42.30	140	19/07/14	Romford Town 2nd Non National Meet	Thurrock	LR4645	3
100 Butterfly	1:34.19	1:35.00	130	19/07/14	Romford Town 2nd Non National Meet	Thurrock	LR4645	3
200 Butterfly	3:36.98	3:38.40	119	26/04/14	London Borough of Redbridge Meet 2014	Barking	LR4030	3
50 Backstroke	39.56	40.10	174	19/07/14	Romford Town 2nd Non National Meet	Thurrock	LR4645	3
100 Backstroke	1:24.99	1:25.90	183	19/07/14	Romford Town 2nd Non National Meet	Thurrock	LR4645	3
200 Backstroke	2:57.65	2:59.50	210	29/03/14	Essex County Age Groups Championships	Basildon	CC4042	2
200 Individual Medley	3:11.35	3:13.40	188	24/03/13	Essex County Age Group Championships	Basildon	CC3021	2
100 Individual Medley	1:30.07	1:30.10	163	19/07/14	Romford Town 2nd Non National Meet	Thurrock	LR4645	3