

Individual Best Times (All Time)

Lauren Auld - (972497) - Brompton SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	32.14	31.50	396	28/01/18	MCASA 2018 County Age Group & Youth Championships	London	LR180226	1
100 Freestyle	1:12.65	1:11.50	360	01/10/17	BWFSC County Qualifier Meet	London Aqua Centre	LR171707	3
50 Butterfly	35.16	34.60	335	25/03/17	MCASA Open Meet	London	LR170009	1
50 Backstroke	38.57	38.00	337	15/03/15	London Schools Championships 2015	Crystal Palace	LR150242	1
200 Individual Medley	2:58.38	2:56.20	353	01/10/17	BWFSC County Qualifier Meet	London Aqua Centre	LR171707	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.90	32.50	371	25/02/18	Ealing L3 Open	Northolt	LR180254	3
100 Freestyle	1:10.26	1:11.40	365	28/02/16	Ealing February L3 Open Meet	Northolt	LR160332	3
200 Freestyle	2:38.51	2:40.70	337	23/04/17	Middlesex Spring Development Meet	Enfield	LR170773	3
50 Breaststroke	44.43	45.10	260	16/04/16	MCASA County Spring Development 2016	Enfield	LR160635	3
100 Breaststroke	1:43.63	1:44.80	217	01/03/15	MCASA Spring Development Meet	Enfield	LR150433	3
200 Breaststroke	3:37.90	3:40.30	235	20/10/13	Staines SC Black Swan Winter Meet 2013	Elmbridge	SE3396	3
50 Butterfly	34.46	35.00	354	27/02/16	Staines Black Swan B & C Grade Meet	Walton on Thames	SE160311	3
100 Butterfly	1:22.27	1:23.20	283	31/10/15	Ealing November Open Meet	Northolt	LR150789	3
200 Butterfly	3:23.82	3:25.40	202	22/11/15	Brompton Mid Distance Club Championships 2015	London	LR152334	4
50 Backstroke	36.61	37.20	328	09/03/19	Ealing Regional Qualifier 2019	Northolt LC	LR190006	3
100 Backstroke	1:22.76	1:23.70	291	25/10/15	Barnet Cophall Winter Sprints Meet	Barnet	LR151475	3
200 Backstroke	2:52.27	2:54.20	329	30/11/19	ESC Xmas County Qualifier	Northolt LC	LR192057	3
200 Individual Medley	2:54.60	2:56.80	339	22/11/15	Brompton Mid Distance Club Championships 2015	London	LR152334	4
400 Individual Medley	6:38.65	6:43.00	274	01/03/15	MCASA Spring Development Meet	Enfield	LR150433	3
100 Individual Medley	1:18.97	1:19.00	366	28/02/16	Ealing February L3 Open Meet	Northolt	LR160332	3