

Individual Best Times (Last 12 Months)

Lara Challinor - (1399916) - Stockport Metro SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.51	29.80	463	04/05/24	SENW Regional Summer Championships 2024	Manchester	NW240306	1
100 Freestyle	1:05.17	1:03.90	499	11/05/24	ARENA Manchester Open Meet 2024	Manchester	NW240840	1
50 Breaststroke	36.80	35.90	497	10/03/24	City of Sheffield SS Premier Open Meet 2024	Sheffield	NE240033	1
100 Breaststroke	1:21.97	1:20.40	478	03/03/24	The National Arena Swim League B Final & Cup Final	Cardiff	WL240497	1
200 Breaststroke	3:04.12	3:01.20	416	07/04/24	Derby Excel April Meet	Sheffield	EM240430	1
50 Butterfly	32.39	31.80	429	05/05/24	SENW Regional Summer Championships 2024	Manchester	NW240306	1
50 Backstroke	35.21	34.60	443	09/03/24	City of Sheffield SS Premier Open Meet 2024	Sheffield	NE240033	1
100 Backstroke	1:20.41	1:19.40	362	10/06/23	Arena Manchester Summer Open 2023	Manchester	NW231332	3
200 Individual Medley	2:41.96	2:39.50	472	07/04/24	Derby Excel April Meet	Sheffield	EM240430	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.39	30.10	474	17/12/23	Arena Manchester Snowpen 2023	Manchester	NW232517	3
100 Freestyle	1:06.57	1:07.80	430	17/12/23	Arena Manchester Snowpen 2023	Manchester	NW232517	3
200 Freestyle	2:21.31	2:23.70	475	16/12/23	Arena Manchester Snowpen 2023	Manchester	NW232517	3
800 Freestyle	11:23.54	11:32.00	340	11/06/23	Satellites of Macclesfield Distance Meet 2023	Macclesfield	NW231118	3
50 Breaststroke	36.13	37.00	484	20/01/24	Cheshire County Championships 2024	Macclesfield	NW240307	2
100 Breaststroke	1:19.41	1:21.00	484	27/01/24	Cheshire County Championships 2024	Macclesfield	NW240308	2
200 Breaststroke	2:55.93	2:58.90	447	28/01/24	Cheshire County Championships 2024	Macclesfield	NW240308	2
50 Butterfly	31.37	32.00	469	16/12/23	Arena Manchester Snowpen 2023	Manchester	NW232517	3
100 Butterfly	1:13.30	1:14.30	400	28/01/24	Cheshire County Championships 2024	Macclesfield	NW240308	2
50 Backstroke	33.36	34.00	433	16/12/23	Arena Manchester Snowpen 2023	Manchester	NW232517	3
100 Backstroke	1:15.15	1:16.20	389	21/01/24	Cheshire County Championships 2024	Macclesfield	NW240307	2
200 Backstroke	2:42.98	2:45.00	388	16/03/24	Swim Conwy Spring Meet 2024	Llandudno	WL240498	3
200 Individual Medley	2:40.74	2:43.20	435	18/05/24	Winsford Spring Development Meet 2024	Winsford	NW240703	3
100 Individual Medley	1:14.06	1:14.10	444	20/01/24	Cheshire County Championships 2024	Macclesfield	NW240307	2