

Individual Best Times (All Time)

Lola Cragg - (1119100) - Burnley BOBCATS ADM SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.04	29.30	485	17/12/22	City of Leeds SC Xmas Cracker Meet	Leeds	NE220857	3
100 Freestyle	1:06.39	1:05.10	472	17/07/22	City of Sheffield Swim Squad Summer Meet	Sheffield	NE220692	3
200 Freestyle	2:29.96	2:27.60	426	19/12/21	City of Leeds Christmas Meet 2021	John Charles	NE210474	3
400 Freestyle	5:16.17	5:11.70	412	25/01/20	Lancashire County Age Groups & County Champs	Manchester	NW200179	1
50 Breaststroke	36.83	36.00	496	16/07/22	City of Sheffield Swim Squad Summer Meet	Sheffield	NE220692	3
100 Breaststroke	1:21.71	1:20.20	483	05/02/23	Lancashire County Age Groups & Championships 2023	Liverpool	NW230072	1
200 Breaststroke	2:58.72	2:55.70	455	29/01/23	Lancashire County Age Groups & Championships 2023	Liverpool	NW230071	1
50 Butterfly	32.62	32.00	420	18/12/22	City of Leeds SC Xmas Cracker Meet	Leeds	NE220857	3
50 Backstroke	34.05	33.50	490	02/04/23	City of Sunderland National Qualifier Meet 2023	Sunderland	NE230413	1
100 Backstroke	1:12.85	1:11.70	487	01/04/23	City of Sunderland National Qualifier Meet 2023	Sunderland	NE230413	1
200 Backstroke	2:41.23	2:39.10	445	25/03/23	SE North West Regional Summer Championships 2023	Liverpool	NW230689	1
200 Individual Medley	2:38.90	2:36.40	500	17/12/22	City of Leeds SC Xmas Cracker Meet	Leeds	NE220857	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.65	30.30	462	28/05/22	Blackpool Rocks 2022	Blackpool	NW220394	3
100 Freestyle	1:04.56	1:05.80	471	04/03/23	Bobcats 'Racing for Regionals' Meet 2023	Darwen	NW230392	3
200 Freestyle	2:22.16	2:24.60	467	28/05/22	Blackpool Rocks 2022	Blackpool	NW220394	3
400 Freestyle	5:12.49	5:17.00	405	16/10/21	Bobcats Return to Racing Powered by FINIS	Darwen	NW210364	3
800 Freestyle	10:47.52	10:56.40	400	06/01/23	Burnley Bobcats Last Chance County Qualifier Meet	Darwen	NW230024	3
50 Breaststroke	36.23	37.10	480	28/05/22	Blackpool Rocks 2022	Blackpool	NW220394	3
100 Breaststroke	1:18.74	1:20.30	496	16/10/22	North Lancs S&WPA Level 2 Meet	Blackpool	NW221655	2
200 Breaststroke	2:51.33	2:54.40	484	28/05/22	Blackpool Rocks 2022	Blackpool	NW220394	3
50 Butterfly	32.83	33.40	409	05/03/23	Bobcats 'Racing for Regionals' Meet 2023	Darwen	NW230392	3
100 Butterfly	1:14.74	1:15.80	378	19/11/22	Blackpool Lights 2022	Palatine LC	NW221182	3
50 Backstroke	33.21	33.80	439	29/10/23	Bobcats Monster Splash 2023	Darwen	NW231427	3
100 Backstroke	1:11.09	1:12.20	460	03/03/24	Burnley Bobcats 2024	Darwen	NW240098	3
200 Backstroke	2:30.29	2:32.50	495	04/03/23	Bobcats 'Racing for Regionals' Meet 2023	Darwen	NW230392	3
200 Individual Medley	2:40.31	2:42.80	439	20/11/21	Blackpool Lights 2021	Blackpool	NW210319	3
400 Individual Medley	5:56.44	6:01.30	383	08/03/20	BOBCATS Regional Qualifier - Powered by FINIS	Darwen	NW200172	3
100 Individual Medley	1:11.52	1:11.50	493	16/10/22	North Lancs S&WPA Level 2 Meet	Blackpool	NW221655	2