

Individual Best Times (All Time)

Lucy Vaughan - (1146164) - Atherton and Leigh ASC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.81	30.10	450	12/02/23	Lancashire County Age Groups & Championships 2023	Liverpool	NW230073	1
50 Breaststroke	37.22	36.40	480	27/01/24	Lancashire County Championships 2024	Manchester	NW240296	1
100 Breaststroke	1:21.79	1:20.20	482	10/02/24	Lancashire County Championships 2024	Manchester	NW240297	1
200 Breaststroke	3:03.61	3:00.70	420	29/01/23	Lancashire County Age Groups & Championships 2023	Liverpool	NW230071	1
50 Butterfly	30.09	29.50	535	11/02/24	Lancashire County Championships 2024	Manchester	NW240297	1
100 Butterfly	1:08.01	1:06.90	542	20/04/24	SENW Regional Summer Championships 2024	Manchester	NW240304	1
200 Butterfly	2:28.76	2:26.60	549	11/02/24	Lancashire County Championships 2024	Manchester	NW240297	1
200 Individual Medley	2:40.79	2:38.30	482	28/01/23	Lancashire County Age Groups & Championships 2023	Liverpool	NW230071	1
400 Individual Medley	5:42.46	5:37.30	467	04/02/23	Lancashire County Age Groups & Championships 2023	Liverpool	NW230072	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.07	30.80	443	03/07/22	Holywell 50th Anniversary (Sprint) Meet 2022	Holywell	WL220784	3
100 Freestyle	1:05.54	1:06.80	450	02/07/23	Holywell ASC Summer Sprint 2023	Holywell	WL230621	3
200 Freestyle	2:24.83	2:27.20	441	24/09/22	Workington 13th Presidents Gala	Workington	NW221547	3
50 Breaststroke	36.58	37.40	466	08/10/23	Bolton & Central Manchester S&WPA Autumn Meet 2023	Wigan	NW231622	3
100 Breaststroke	1:20.87	1:22.40	458	07/10/23	Bolton & Central Manchester S&WPA Autumn Meet 2023	Wigan	NW231622	3
200 Breaststroke	2:52.36	2:55.40	475	08/10/23	Bolton & Central Manchester S&WPA Autumn Meet 2023	Wigan	NW231622	3
50 Butterfly	30.90	31.50	491	02/07/23	Holywell ASC Summer Sprint 2023	Holywell	WL230621	3
100 Butterfly	1:07.47	1:08.60	514	16/12/23	Satellites Last Chance County Qualifier 2023	Macclesfield	NW232587	3
200 Butterfly	2:34.63	2:36.70	462	05/11/23	SE NW Regional Winter Championships 2023	Manchester	NW231877	2
50 Backstroke	36.08	36.60	342	02/07/23	Holywell ASC Summer Sprint 2023	Holywell	WL230621	3
100 Backstroke	1:30.30	1:31.20	224	29/06/19	Holywell Summer Sprint	Holywell	WL191482	3
200 Backstroke	3:08.89	3:10.70	249	05/05/19	Blackpool Rocks 2019	Blackpool	NW190260	3
200 Individual Medley	2:40.94	2:43.40	434	07/01/23	Burnley Bobcats Last Chance County Qualifier Meet	Darwen	NW230024	3
400 Individual Medley	5:36.60	5:41.80	455	08/01/23	Wigan Distance Meet 2023	Wigan	NW230322	4
100 Individual Medley	1:14.94	1:14.90	428	02/07/23	Holywell ASC Summer Sprint 2023	Holywell	WL230621	3