

Individual Best Times (All Time)

Lucy Cape - (1154770) - Harrogate District SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	32.08	31.40	398	01/04/17	City of Sunderland National Qualifier 2017	Sunderland	NE170346	1
100 Freestyle	1:09.61	1:08.40	409	22/01/17	City of Sunderland SC New Year Meet 2017	Sunderland	NE170490	1
50 Breaststroke	46.25	45.60	250	06/05/17	Rotherham Metro Springtime Long Course Meet	Sheffield	NE170390	3
50 Butterfly	34.45	33.90	356	11/02/17	Yorkshire SA County Championships	Sheffield	NE170142	1
100 Butterfly	1:19.54	1:18.60	339	21/01/17	City of Sunderland SC New Year Meet 2017	Sunderland	NE170490	1
50 Backstroke	36.61	36.10	394	02/04/17	City of Sunderland National Qualifier 2017	Sunderland	NE170346	1
200 Backstroke	2:51.89	2:49.90	367	02/04/17	City of Sunderland National Qualifier 2017	Sunderland	NE170346	1
200 Individual Medley	2:55.39	2:53.10	371	06/05/17	Rotherham Metro Springtime Long Course Meet	Sheffield	NE170390	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.72	32.40	377	02/04/16	Spa Town Meet	Harrogate	NE160247	3
100 Freestyle	1:09.49	1:10.70	378	07/01/17	Harrogate Janus A & B Grade Meet	Harrogate	NE170166	3
200 Freestyle	2:39.75	2:41.90	329	26/09/16	Harrogate District Club Championships	Harrogate	NE162120	4
400 Freestyle	5:55.03	5:59.00	276	05/10/15	Harrogate District SC Club Championships	Harrogate	NE152048	4
50 Breaststroke	44.23	44.90	263	12/06/16	Harrogate Summer Meet	Harrogate	NE160246	3
100 Breaststroke	1:36.37	1:37.70	270	12/06/16	Harrogate Summer Meet	Harrogate	NE160246	3
200 Breaststroke	3:26.50	3:29.00	276	26/09/16	Harrogate District Club Championships	Harrogate	NE162120	4
50 Butterfly	34.18	34.70	362	14/05/17	Wear Valley May Level 3 Meet	Bishop Auckland	NE170292	3
100 Butterfly	1:19.02	1:20.00	320	08/01/17	Harrogate Janus A & B Grade Meet	Harrogate	NE170166	3
200 Butterfly	3:00.00	3:01.80	293	19/09/16	Harrogate District Club Championships	Harrogate	NE162119	4
50 Backstroke	36.34	36.90	335	26/06/17	Harrogate Summer Club Sprint Championships	Harrogate	NE171655	4
100 Backstroke	1:22.17	1:23.10	298	10/12/16	Middlesbrough Christmas Meet	Middlesbrough	NE161276	3
200 Backstroke	2:47.06	2:49.00	360	08/01/17	Harrogate Janus A & B Grade Meet	Harrogate	NE170166	3
200 Individual Medley	2:56.05	2:58.30	331	15/05/16	Wear Valley Level 3 Meet May 2016	Bishop Auckland	NE160597	3
400 Individual Medley	6:15.12	6:19.80	328	11/09/17	Harrogate District Club Championships	Harrogate	NE172039	4
100 Individual Medley	1:18.87	1:18.90	367	13/05/17	Wear Valley May Level 3 Meet	Bishop Auckland	NE170292	3