

# Individual Best Times (All Time)

Lucinda Norris - (1196154) - Cirencester SC

Long Course

| Stroke                | LC Time | Converted to SC | LC WA Pts | Date     | Meet                                       | Venue             | Licence  | Level |
|-----------------------|---------|-----------------|-----------|----------|--------------------------------------------|-------------------|----------|-------|
| 50 Freestyle          | 29.74   | 29.00           | 500       | 18/05/19 | ASA SWR Summer Championships               | Millfield, Street | SW190490 | 1     |
| 100 Freestyle         | 1:07.33 | 1:06.10         | 452       | 29/01/23 | City of Sunderland SC New Year Meet 2023   | Sunderland        | NE230134 | 1     |
| 200 Freestyle         | 2:34.83 | 2:32.60         | 387       | 19/01/19 | Gloucester County ASA Championships        | Hengrove Pool     | SW190227 | 1     |
| 50 Breaststroke       | 35.70   | 34.80           | 544       | 12/05/19 | ASA SWR Summer Championships               | Bristol           | SW190489 | 1     |
| 100 Breaststroke      | 1:23.81 | 1:22.30         | 448       | 10/03/24 | 2024 Wycombe Long Course L1 Premier Meet   | High Wycombe      | SE240287 | 1     |
| 200 Breaststroke      | 3:06.20 | 3:03.30         | 403       | 29/01/23 | City of Sunderland SC New Year Meet 2023   | Sunderland        | NE230134 | 1     |
| 50 Butterfly          | 32.48   | 31.90           | 425       | 10/03/24 | 2024 Wycombe Long Course L1 Premier Meet   | High Wycombe      | SE240287 | 1     |
| 100 Butterfly         | 1:14.77 | 1:13.70         | 408       | 28/01/23 | City of Sunderland SC New Year Meet 2023   | Sunderland        | NE230134 | 1     |
| 50 Backstroke         | 38.86   | 38.30           | 330       | 19/01/20 | Gloucester County Championships            | Hengrove, Bristol | SW200241 | 1     |
| 100 Backstroke        | 1:22.63 | 1:21.60         | 333       | 02/02/22 | Gloucester County Championships 2022 Heats | Hengrove LC       | SW220072 | 4     |
| 200 Backstroke        | 2:53.38 | 2:51.40         | 358       | 29/01/22 | Gloucester County Championships 2022       | Hengrove LC       | SW220073 | 1     |
| 200 Individual Medley | 2:48.26 | 2:45.90         | 421       | 31/01/22 | Gloucester County Championships 2022       | Hengrove LC       | SW220074 | 1     |

Short Course

| Stroke                | SC Time  | Converted to LC | SC WA Pts | Date     | Meet                                           | Venue         | License  | Level |
|-----------------------|----------|-----------------|-----------|----------|------------------------------------------------|---------------|----------|-------|
| 50 Freestyle          | 29.34    | 30.00           | 477       | 30/10/21 | City of Bristol Early Bird Meet                | Bristol       | SW210406 | 3     |
| 100 Freestyle         | 1:05.60  | 1:06.90         | 449       | 03/07/21 | A.N.T                                          | Hengrove      | LEX2959  | 0     |
| 200 Freestyle         | 2:24.92  | 2:27.30         | 441       | 20/11/22 | The Leicester Open Meet 2022                   | Braunstone    | EM221459 | 2     |
| 400 Freestyle         | 5:21.22  | 5:25.60         | 373       | 27/06/21 | Cirencester 2021 Club Championships            | Cirencester   | SW210132 | 4     |
| 800 Freestyle         | 11:11.45 | 11:20.00        | 359       | 28/06/21 | Cirencester 2021 Club Championships            | Cirencester   | SW210133 | 4     |
| 50 Breaststroke       | 35.93    | 36.80           | 492       | 17/03/24 | Swim Conwy Spring Meet 2024                    | Llandudno     | WL240498 | 3     |
| 100 Breaststroke      | 1:20.07  | 1:21.60         | 472       | 17/03/24 | Swim Conwy Spring Meet 2024                    | Llandudno     | WL240498 | 3     |
| 200 Breaststroke      | 2:57.69  | 3:00.60         | 434       | 16/03/24 | Swim Conwy Spring Meet 2024                    | Llandudno     | WL240498 | 3     |
| 50 Butterfly          | 32.43    | 33.00           | 424       | 16/12/23 | City of Bristol L3 Christmas Cracker 2023      | Hengrove Park | SW231965 | 3     |
| 100 Butterfly         | 1:12.02  | 1:13.10         | 422       | 17/12/23 | City of Bristol L3 Christmas Cracker 2023      | Hengrove Park | SW231965 | 3     |
| 200 Butterfly         | 2:59.92  | 3:01.70         | 293       | 15/06/22 | Cirencester SC 2022 Club Championships         | Cirencester   | SW220820 | 4     |
| 50 Backstroke         | 34.95    | 35.50           | 377       | 22/05/21 | A.N.T                                          | Hengrove      | LEX1232  | 0     |
| 100 Backstroke        | 1:17.23  | 1:18.30         | 359       | 05/06/21 | ANT                                            | Hengrove      | LEX1710  | 0     |
| 200 Backstroke        | 2:46.56  | 2:48.60         | 364       | 30/10/21 | City of Bristol Early Bird Meet                | Bristol       | SW210406 | 3     |
| 200 Individual Medley | 2:37.60  | 2:40.10         | 462       | 03/12/22 | Chesterfield SC Winter Open Championships 2022 | Matlock       | EM222543 | 4     |
| 100 Individual Medley | 1:13.69  | 1:13.70         | 450       | 03/12/22 | Chesterfield SC Winter Open Championships 2022 | Matlock       | EM222543 | 4     |