

Individual Best Times (All Time)

Lillian Sparks - (1210583) - Camden Swiss Cottage SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	38.63	38.10	228	15/05/16	MCASA Long Course Open Meet	Guildford	LR160687	1
100 Breaststroke	1:56.61	1:55.50	166	12/07/15	Rushmoor Royals Summer LC L3 Open Meet	Aldershot	SE151059	3
50 Butterfly	36.57	36.00	298	26/01/19	2019 Middlesex County Championships	London	LR190268	1
200 Backstroke	3:22.40	3:20.70	225	15/05/16	MCASA Long Course Open Meet	Guildford	LR160687	1
200 Individual Medley	3:43.65	3:41.90	179	12/07/15	Rushmoor Royals Summer LC L3 Open Meet	Aldershot	SE151059	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	32.61	33.20	347	14/07/19	Borough of Harrow Summer Open Meet 2019	Barnet	LR191394	3
100 Freestyle	1:12.65	1:13.80	330	01/12/19	ESC Xmas County Qualifier	Northolt LC	LR192057	3
200 Freestyle	2:36.01	2:38.20	353	13/10/19	MIDDX County Qualifier 2019	Southbury	LR192504	3
400 Freestyle	5:28.40	5:32.70	349	23/03/19	Middx Spring Development Meet 2019	Enfield	LR190377	3
800 Freestyle	11:22.81	11:31.20	341	21/10/18	Middlesex Autumn Development Meet	Enfield	LR181408	3
50 Breaststroke	40.91	41.70	333	05/01/20	Barnet Cophall Winter Invitational Meet	London	LR200439	4
100 Breaststroke	1:28.81	1:30.20	346	05/10/19	MIDDX County Qualifier 2019	Barnet	LR192483	3
200 Breaststroke	3:14.87	3:17.60	329	20/10/18	Middlesex Autumn Development Meet	Enfield	LR181408	3
50 Butterfly	35.36	35.90	327	01/12/19	ESC Xmas County Qualifier	Northolt LC	LR192057	3
100 Butterfly	1:21.85	1:22.80	287	05/01/20	Barnet Cophall Winter Invitational Meet	London	LR200439	4
200 Butterfly	3:19.12	3:20.70	216	20/10/18	Middlesex Autumn Development Meet	Enfield	LR181408	3
50 Backstroke	39.32	39.80	264	16/10/21	MIDDX Winter County Qualifier	Southbury Road	LR210719	3
100 Backstroke	1:25.04	1:26.00	268	27/10/18	Middlesex Autumn Development Meet	Enfield	LR181409	3
200 Backstroke	3:19.12	3:20.80	213	12/06/16	Barnet Coptall Kate Lack Trophy Meet	London	LR160993	3
200 Individual Medley	2:52.38	2:54.70	353	06/10/19	MIDDX County Qualifier 2019	Barnet	LR192483	3
100 Individual Medley	1:21.85	1:21.80	329	10/06/18	Camden Novices Club Championship	Swiss Cottage LC	LR181193	4