

Individual Best Times (All Time)

Lydia Swindell - (1296539) - Ashton Central SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.80	27.00	612	06/02/22	Lancs County Age Groups & Championships 2022	Wavertree LC	NW220241	1
100 Freestyle	59.78	58.40	647	27/03/22	SE North West Summer Regional Swimming Champs	Liverpool	NW220368	1
200 Freestyle	2:09.51	2:06.80	661	12/03/22	71st ESSA National Inter-Divisional Championships	Coventry	WM220488	1
50 Butterfly	30.29	29.70	524	11/02/24	Lancashire County Championships 2024	Manchester	NW240297	1
100 Butterfly	1:11.98	1:10.90	457	12/01/20	Lancashire County Age Groups & County Champs	Manchester	NW200180	1
50 Backstroke	31.47	30.80	621	26/03/22	SE North West Summer Regional Swimming Champs	Liverpool	NW220368	1
100 Backstroke	1:07.09	1:05.90	623	27/03/22	SE North West Summer Regional Swimming Champs	Liverpool	NW220368	1
200 Backstroke	2:23.58	2:21.20	630	26/03/22	SE North West Summer Regional Swimming Champs	Liverpool	NW220368	1
200 Individual Medley	2:27.06	2:24.40	630	07/05/22	Swansea Aquatics Long Course Open Meet 2022	Swansea	WL220093	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.39	28.10	586	19/11/23	NOVA Centurion November Meet 2023	Nottingham	EM231063	2
100 Freestyle	58.51	59.90	633	15/12/23	Swim England Winter Championships 2023	Sheffield	ENG029	2
200 Freestyle	2:07.72	2:10.40	644	07/01/24	Bobcats 'Last Chance County Qualifier' 2024	Darwen	NW240046	3
50 Breaststroke	37.55	38.40	431	01/03/20	Greater Manchester Age Group Meet 2020	Wigan	NW200026	3
100 Breaststroke	1:27.04	1:28.50	367	24/11/19	BMSS November Sprint Meet	Jason Kenny LC	NW192777	3
200 Breaststroke	2:53.82	2:56.80	464	28/11/21	Wigan Best SC Future Stars Open Meet	Wigan	NW211012	2
50 Butterfly	29.58	30.20	559	07/01/24	Bobcats 'Last Chance County Qualifier' 2024	Darwen	NW240046	3
100 Butterfly	1:08.95	1:10.00	481	23/06/24	Wigan Best Future Stars June Meet 2024	Wigan	NW240734	3
50 Backstroke	30.06	30.70	592	14/12/23	Swim England Winter Championships 2023	Sheffield	ENG029	2
100 Backstroke	1:04.78	1:06.00	608	05/12/21	Swim England National Winter Championships (25m)	Sheffield	ENG020	2
200 Backstroke	2:17.74	2:20.10	643	06/01/24	Bobcats 'Last Chance County Qualifier' 2024	Darwen	NW240046	3
200 Individual Medley	2:24.40	2:27.10	601	19/11/23	NOVA Centurion November Meet 2023	Nottingham	EM231063	2
400 Individual Medley	5:09.83	5:15.40	583	15/10/22	Wigan BEST SC Future Stars Open Meet	Wigan	NW221978	2
100 Individual Medley	1:13.89	1:13.90	447	24/11/19	BMSS November Sprint Meet	Jason Kenny LC	NW192777	3