

Individual Best Times (All Time)

Pearl Lightwood - (1304838) - Middlesbrough SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.33	27.60	578	03/04/22	Derwentio eXcel April Meet	Sheffield	EM220191	1
100 Freestyle	1:00.45	59.10	625	03/08/19	Swim England National Summer Meet	Sheffield	ENG014	1
200 Freestyle	2:12.68	2:10.00	615	02/04/22	Derwentio eXcel April Meet	Sheffield	EM220191	1
400 Freestyle	4:45.48	4:40.50	560	25/05/19	Swim England North East Region Championships (50)	Leeds	NE190137	1
50 Breaststroke	40.94	40.20	361	23/03/19	City of Sunderland National Qualifier 2019	Sunderland	NE190554	1
100 Breaststroke	1:28.14	1:26.70	385	03/07/22	City of Sunderland ASC Summer Splash 2022	Sunderland	NE221159	3
200 Breaststroke	3:13.35	3:10.60	360	03/02/18	N & D 2018 Championships	Sunderland	NE180242	1
50 Butterfly	33.20	32.60	398	02/04/23	Derwentio eXcel Spring Qualifier Meet 2023	Sheffield	EM230359	1
100 Butterfly	1:14.55	1:13.50	412	15/01/22	City of Bradford SC New Year Long Course Meet	Leeds	NE220086	3
200 Butterfly	2:45.04	2:43.10	402	12/05/19	Swim England North East Region Championships (50)	Leeds	NE190136	1
50 Backstroke	35.17	34.60	445	02/04/22	Derwentio eXcel April Meet	Sheffield	EM220191	1
100 Backstroke	1:14.90	1:13.80	448	03/04/22	Derwentio eXcel April Meet	Sheffield	EM220191	1
200 Backstroke	2:39.40	2:37.30	461	26/05/19	Swim England North East Region Championships (50)	Leeds	NE190137	1
200 Individual Medley	2:34.98	2:32.40	538	02/04/22	Derwentio eXcel April Meet	Sheffield	EM220191	1
400 Individual Medley	5:34.74	5:29.40	501	24/03/19	City of Sunderland National Qualifier 2019	Sunderland	NE190554	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.85	28.60	558	05/01/20	Billingham New Year Meet	Billingham	NE200174	3
100 Freestyle	59.33	1:00.70	607	27/11/22	Tynemouth ASC Winter Gala 2022	North Shields	NE222298	3
200 Freestyle	2:09.01	2:11.70	625	11/03/23	Middlesbrough ASC March 2023 Meet	Middlesbrough	NE230451	3
400 Freestyle	4:33.50	4:38.60	604	14/12/19	Scottish National Short Course Championships	Edinburgh	SCO1762	2
800 Freestyle	9:42.22	9:52.10	551	29/12/19	Middlesbrough Club Championships	Middlesbrough	NE192244	4
50 Breaststroke	38.47	39.30	401	12/03/22	Middlesbrough AA Grade 2022 Gala	Middlesbrough	NE220029	3
100 Breaststroke	1:22.85	1:24.40	426	07/12/19	Middlesbrough Christmas 2019 Meet	Middlesbrough	NE192243	3
200 Breaststroke	2:55.13	2:58.10	453	19/10/19	Middlesbrough ASC Halloween 2019 Meet	Middlesbrough	NE192242	2
50 Butterfly	32.31	32.90	429	26/11/22	Tynemouth ASC Winter Gala 2022	North Shields	NE222298	3
100 Butterfly	1:11.38	1:12.40	434	27/11/22	Tynemouth ASC Winter Gala 2022	North Shields	NE222298	3
200 Butterfly	2:37.75	2:39.70	435	05/01/20	Billingham New Year Meet	Billingham	NE200174	3
50 Backstroke	33.79	34.40	417	19/10/19	Middlesbrough ASC Halloween 2019 Meet	Middlesbrough	NE192242	2
100 Backstroke	1:10.59	1:11.70	470	19/10/19	Middlesbrough ASC Halloween 2019 Meet	Middlesbrough	NE192242	2
200 Backstroke	2:30.43	2:32.60	494	16/06/19	Middlesbrough 2019 June Meet Gala	The Neptune Centre	NE190122	3
200 Individual Medley	2:29.88	2:32.50	537	07/12/19	Middlesbrough Christmas 2019 Meet	Middlesbrough	NE192243	3
400 Individual Medley	5:14.03	5:19.60	560	20/10/19	Middlesbrough ASC Halloween 2019 Meet	Middlesbrough	NE192242	2
100 Individual Medley	1:11.25	1:11.30	498	19/10/19	Middlesbrough ASC Halloween 2019 Meet	Middlesbrough	NE192242	2