

Individual Best Times (All Time)

Lucy Roberts - (1348549) - Clwb Nofio Bangor Swim Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	32.42	31.80	386	29/06/24	City of Bradford Summer Long Course Meet 2024	Leeds	NE240617	3
100 Freestyle	1:10.56	1:09.40	393	28/01/24	Rotherham Metro 'A' & 'B' Grade LC Meet 2024	Sheffield	NE240018	3
200 Freestyle	2:32.46	2:30.20	405	30/06/24	City of Bradford Summer Long Course Meet 2024	Leeds	NE240617	3
400 Freestyle	5:24.20	5:19.80	382	29/06/24	City of Bradford Summer Long Course Meet 2024	Leeds	NE240617	3
50 Breaststroke	42.16	41.40	330	30/06/24	City of Bradford Summer Long Course Meet 2024	Leeds	NE240617	3
100 Breaststroke	1:33.98	1:32.60	317	27/01/24	Rotherham Metro 'A' & 'B' Grade LC Meet 2024	Sheffield	NE240018	3
50 Butterfly	38.11	37.60	263	28/01/24	Rotherham Metro 'A' & 'B' Grade LC Meet 2024	Sheffield	NE240018	3
50 Backstroke	43.61	43.10	233	23/01/22	Rotherham Metro 'A' & 'B' Grade Long Course Meet	Sheffield	NE220033	3
100 Backstroke	1:29.52	1:28.60	262	22/01/23	Rotherham Metro A & B Grade Long Course Meet 2023	Sheffield	NE230069	3
200 Backstroke	2:54.39	2:52.50	352	29/06/24	City of Bradford Summer Long Course Meet 2024	Leeds	NE240617	3
200 Individual Medley	2:55.21	2:52.90	372	30/06/24	City of Bradford Summer Long Course Meet 2024	Leeds	NE240617	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	32.29	32.90	358	16/03/24	Swim Conwy Spring Meet 2024	Llandudno	WL240498	3
100 Freestyle	1:08.03	1:09.30	403	16/03/24	Swim Conwy Spring Meet 2024	Llandudno	WL240498	3
200 Freestyle	2:26.48	2:28.80	427	16/03/24	Swim Conwy Spring Meet 2024	Llandudno	WL240498	3
400 Freestyle	5:13.80	5:18.20	400	22/10/23	Swim Conwy Autumn Meet 2023	Llandudno	WL232002	2
50 Breaststroke	52.02	52.60	162	08/02/20	Swim Wales North Regional Championships	Llandudno	WL200032	2
100 Breaststroke	1:29.21	1:30.60	341	27/04/24	Wrexham Spring Meet 2024	Wrexham	WL240611	2
50 Butterfly	38.26	38.80	258	16/10/22	Swim Conwy Autumn Gala	Llandudno	WL221497	2
50 Backstroke	41.68	42.20	222	13/02/22	Swim Wales North Regional Championships 2022	Llandudno	WL220195	2
100 Backstroke	1:21.94	1:22.90	300	16/10/22	Swim Conwy Autumn Gala	Llandudno	WL221497	2
200 Backstroke	2:49.86	2:51.80	343	16/03/24	Swim Conwy Spring Meet 2024	Llandudno	WL240498	3
200 Individual Medley	2:46.57	2:48.90	391	16/03/24	Swim Conwy Spring Meet 2024	Llandudno	WL240498	3
100 Individual Medley	1:44.25	1:44.30	159	18/05/19	Swim Wales North Junior Development Meet	Llandudno	WL190034	3