

# Individual Best Times (All Time)

## Honor Luckhurst - (1390109) - Preston Swimming Club

### Long Course

| Stroke                | LC Time  | Converted to SC | LC WA Pts | Date     | Meet   | Venue                | Licence  | Level |
|-----------------------|----------|-----------------|-----------|----------|--|----------------------|----------|-------|
| 50 Freestyle          | 28.79    | 28.10           | 551       | 06/04/24 | Derby Excel April Meet                           | Sheffield            | EM240430 | 1     |
| 100 Freestyle         | 1:02.13  | 1:00.80         | 576       | 30/03/24 | Liverpool National Qualifier Meet 2024           | Liverpool            | NW240301 | 1     |
| 200 Freestyle         | 2:19.60  | 2:17.10         | 528       | 31/03/24 | Liverpool National Qualifier Meet 2024           | Liverpool            | NW240301 | 1     |
| 400 Freestyle         | 4:58.60  | 4:53.90         | 489       | 04/03/23 | Richmond Dales ASC April Fool Gala 2023          | Leeds                | NE230257 | 3     |
| 800 Freestyle         | 10:13.93 | 10:04.40        | 492       | 15/12/23 | City of Leeds Xmas Cracker Meet 2023             | John Charles Aqu Cen | NE231008 | 3     |
| 50 Breaststroke       | 38.48    | 37.70           | 435       | 13/05/23 | SE North West Regional Summer Championships 2023 | Liverpool            | NW230691 | 1     |
| 100 Breaststroke      | 1:26.30  | 1:24.80         | 410       | 05/03/23 | Richmond Dales ASC April Fool Gala 2023          | Leeds                | NE230257 | 3     |
| 200 Breaststroke      | 3:08.99  | 3:06.20         | 385       | 04/03/23 | Richmond Dales ASC April Fool Gala 2023          | Leeds                | NE230257 | 3     |
| 50 Butterfly          | 28.89    | 28.20           | 604       | 21/04/24 | SENW Regional Summer Championships 2024          | Manchester           | NW240304 | 1     |
| 100 Butterfly         | 1:04.55  | 1:03.40         | 634       | 20/04/24 | SENW Regional Summer Championships 2024          | Manchester           | NW240304 | 1     |
| 200 Butterfly         | 2:34.86  | 2:32.80         | 486       | 15/03/24 | Derby Excel Spring Qualifier 2024                | Sheffield            | EM240136 | 1     |
| 50 Backstroke         | 33.93    | 33.30           | 496       | 16/03/24 | Derby Excel Spring Qualifier 2024                | Sheffield            | EM240136 | 1     |
| 100 Backstroke        | 1:14.99  | 1:13.90         | 446       | 07/04/24 | Derby Excel April Meet                           | Sheffield            | EM240430 | 1     |
| 200 Backstroke        | 2:44.98  | 2:42.90         | 415       | 01/05/22 | SE North West Summer Regional Swimming Champs    | Liverpool            | NW220369 | 1     |
| 200 Individual Medley | 2:32.68  | 2:30.10         | 563       | 20/04/24 | SENW Regional Summer Championships 2024          | Manchester           | NW240304 | 1     |
| 400 Individual Medley | 5:40.62  | 5:35.40         | 475       | 17/12/23 | City of Leeds Xmas Cracker Meet 2023             | John Charles Aqu Cen | NE231008 | 3     |

### Short Course

| Stroke                | SC Time  | Converted to LC | SC WA Pts | Date     | Meet                                     | Venue       | License  | Level |
|-----------------------|----------|-----------------|-----------|----------|--|-------------|----------|-------|
| 50 Freestyle          | 28.45    | 29.20           | 523       | 18/11/23 | Blackpool Lights Meet 2023               | Blackpool   | NW231618 | 3     |
| 100 Freestyle         | 1:01.44  | 1:02.80         | 547       | 28/10/23 | Bobcats Monster Splash 2023              | Darwen      | NW231427 | 3     |
| 200 Freestyle         | 2:13.80  | 2:16.40         | 560       | 03/12/23 | Preston Swimming Club Club Champs 2023   | Westview LC | NW232570 | 3     |
| 400 Freestyle         | 5:00.77  | 5:05.40         | 454       | 18/09/22 | North Lancs S&WPA Level 2 Meet           | Blackpool   | NW221654 | 2     |
| 800 Freestyle         | 10:11.81 | 10:21.20        | 475       | 09/07/23 | Preston SC Bert Brooks 2023              | Westview LC | NW231607 | 4     |
| 1500 Freestyle        | 19:34.88 | 19:52.30        | 461       | 19/05/24 | Preston SC Bert Brooks 2024              | Preston     | NW241217 | 4     |
| 50 Breaststroke       | 38.48    | 39.30           | 400       | 15/10/22 | North Lancs S&WPA Level 2 Meet           | Blackpool   | NW221655 | 2     |
| 100 Breaststroke      | 1:22.97  | 1:24.50         | 424       | 02/03/24 | Burnley Bobcats 2024                     | Darwen      | NW240098 | 3     |
| 200 Breaststroke      | 2:56.88  | 2:59.80         | 440       | 23/06/24 | Wigan Best Future Stars June Meet 2024   | Wigan       | NW240734 | 3     |
| 50 Butterfly          | 28.95    | 29.60           | 597       | 05/11/23 | SE NW Regional Winter Championships 2023 | Manchester  | NW231877 | 2     |
| 100 Butterfly         | 1:03.47  | 1:04.70         | 617       | 15/12/23 | Swim England Winter Championships 2023   | Sheffield   | ENG029   | 2     |
| 200 Butterfly         | 2:33.30  | 2:35.30         | 474       | 19/11/23 | Blackpool Lights Meet 2023               | Blackpool   | NW231618 | 3     |
| 50 Backstroke         | 32.27    | 32.90           | 479       | 29/10/23 | Bobcats Monster Splash 2023              | Darwen      | NW231427 | 3     |
| 100 Backstroke        | 1:09.89  | 1:11.00         | 484       | 03/03/24 | Burnley Bobcats 2024                     | Darwen      | NW240098 | 3     |
| 200 Backstroke        | 2:30.97  | 2:33.20         | 489       | 18/11/23 | Blackpool Lights Meet 2023               | Blackpool   | NW231618 | 3     |
| 200 Individual Medley | 2:30.44  | 2:33.00         | 531       | 02/12/23 | Preston SC Xmas Cracker 2023             | Darwen      | NW231907 | 3     |
| 400 Individual Medley | 5:32.59  | 5:37.80         | 471       | 17/09/23 | North Lancs S&WPA Level 2 Meet 2023      | Blackpool   | NW231623 | 2     |
| 100 Individual Medley | 1:09.83  | 1:09.80         | 529       | 02/12/23 | Preston SC Xmas Cracker 2023             | Darwen      | NW231907 | 3     |