

Individual Best Times (All Time)

Lucy Trott - (1488360) - Soundwell SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	32.57	31.90	380	13/01/24	Gloucester County ASA Swimming Championships 2024	Bristol	SW240061	1
100 Freestyle	1:10.91	1:09.70	387	15/01/24	Gloucester County ASA Swimming Championships 2024	Bristol	SW240062	1
200 Freestyle	2:28.69	2:26.30	437	07/04/24	City of Bristol L1 International Open Meet 2024	Bristol	SW240226	1
400 Freestyle	5:09.95	5:05.40	437	20/04/24	SE SWR Summer Championships 2024	Bristol	SW240586	1
800 Freestyle	10:55.57	10:46.70	404	15/01/24	Gloucester County ASA Swimming Championships 2024	Bristol	SW240062	1
1500 Freestyle	20:00.82	19:43.50	450	21/04/24	SE SWR Summer Championships 2024	Bristol	SW240586	1
50 Breaststroke	40.48	39.70	373	20/04/24	SE SWR Summer Championships 2024	Bristol	SW240586	1
100 Breaststroke	1:27.30	1:25.80	396	27/04/24	SE SWR Summer Championships 2024	Millfield	SW240587	1
200 Breaststroke	2:59.51	2:56.50	449	28/04/24	SE SWR Summer Championships 2024	Millfield	SW240587	1
50 Butterfly	35.02	34.50	339	27/04/24	SE SWR Summer Championships 2024	Millfield	SW240587	1
100 Butterfly	1:18.07	1:17.10	358	07/04/24	City of Bristol L1 International Open Meet 2024	Bristol	SW240226	1
200 Butterfly	2:57.91	2:56.10	320	07/04/24	City of Bristol L1 International Open Meet 2024	Bristol	SW240226	1
50 Backstroke	36.84	36.30	387	10/03/24	City of Swansea Aquatics Spring LC Open Meet 2024	Swansea	WL240258	1
100 Backstroke	1:16.84	1:15.80	415	27/04/24	SE SWR Summer Championships 2024	Millfield	SW240587	1
200 Backstroke	2:47.91	2:45.90	394	10/03/24	City of Swansea Aquatics Spring LC Open Meet 2024	Swansea	WL240258	1
200 Individual Medley	2:45.34	2:42.90	443	20/04/24	SE SWR Summer Championships 2024	Bristol	SW240586	1
400 Individual Medley	5:50.12	5:45.10	437	27/04/24	SE SWR Summer Championships 2024	Millfield	SW240587	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.05	31.70	402	01/06/24	Sevenside Tritons Ange Marling Memorial	Weston Super Mare	SW240470	3
100 Freestyle	1:07.10	1:08.30	419	15/06/24	Bristol North & Soundwell Club Championships 2024	Bristol	SW240796	4
200 Freestyle	2:25.01	2:27.40	440	01/06/24	Sevenside Tritons Ange Marling Memorial	Weston Super Mare	SW240470	3
400 Freestyle	5:15.93	5:20.30	392	22/10/23	Gloucester City SC Autumn L2 Open Meet 2023	Gloucester	SW231829	2
800 Freestyle	10:38.53	10:47.50	417	10/12/23	Soundwell SC Network Distance Event 2023	Bristol	SW232459	4
1500 Freestyle	20:35.28	20:51.90	397	09/12/23	Soundwell SC Network Distance Event 2023	Bristol	SW232458	4
50 Breaststroke	39.25	40.00	377	15/06/24	Bristol North & Soundwell Club Championships 2024	Bristol	SW240796	4
100 Breaststroke	1:26.04	1:27.50	380	08/06/24	Bristol North & Soundwell Club Championships 2024	Bristol	SW240795	4
200 Breaststroke	3:07.87	3:10.70	367	31/03/24	Soundwell SC Regional Qualifier	Weston-Super-Mare	SW240364	3
50 Butterfly	34.25	34.80	360	08/06/24	Bristol North & Soundwell Club Championships 2024	Bristol	SW240795	4
100 Butterfly	1:17.06	1:18.00	345	15/06/24	Bristol North & Soundwell Club Championships 2024	Bristol	SW240796	4
200 Butterfly	3:00.50	3:02.20	290	02/12/23	Soundwell SC County Qualifier 2023	Hutton Moor LC	SW231617	3
50 Backstroke	36.72	37.30	325	30/03/24	Soundwell SC Regional Qualifier	Weston-Super-Mare	SW240364	3
100 Backstroke	1:16.64	1:17.70	367	01/06/24	Sevenside Tritons Ange Marling Memorial	Weston Super Mare	SW240470	3
200 Backstroke	2:46.44	2:48.40	364	30/03/24	Soundwell SC Regional Qualifier	Weston-Super-Mare	SW240364	3
200 Individual Medley	2:50.50	2:52.80	365	22/10/23	Gloucester City SC Autumn L2 Open Meet 2023	Gloucester	SW231829	2
400 Individual Medley	5:50.08	5:55.10	404	02/12/23	Soundwell SC County Qualifier 2023	Hutton Moor LC	SW231617	3
100 Individual Medley	1:18.24	1:18.20	376	15/06/24	Bristol North & Soundwell Club Championships 2024	Bristol	SW240796	4