

Individual Best Times (All Time)

Lucy Margaret Grant - (1508867) - Clwb Nofio P.B.P.

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	32.73	32.10	375	11/02/24	Swim Wales Regional Racing Series - North 2024	Liverpool	WL240020	1
100 Freestyle	1:11.68	1:10.50	375	22/06/24	City of Leeds Summer Meet 2024	Leeds	NE240116	3
200 Freestyle	2:37.51	2:35.30	367	23/06/24	City of Leeds Summer Meet 2024	Leeds	NE240116	3
400 Freestyle	5:36.81	5:32.60	341	22/06/24	City of Leeds Summer Meet 2024	Leeds	NE240116	3
50 Breaststroke	44.66	43.90	278	22/06/24	City of Leeds Summer Meet 2024	Leeds	NE240116	3
100 Breaststroke	1:37.81	1:36.50	281	05/05/24	City of Swansea Aquatics MAY LC Open Meet 2024	Swansea	WL240501	1
200 Breaststroke	3:29.56	3:27.00	282	28/01/24	Rotherham Metro 'A' & 'B' Grade LC Meet 2024	Sheffield	NE240018	3
50 Butterfly	35.42	34.90	328	09/02/24	Swim Wales Regional Racing Series - North 2024	Liverpool	WL240020	1
100 Butterfly	1:26.97	1:26.10	259	10/02/24	Swim Wales Regional Racing Series - North 2024	Liverpool	WL240020	1
50 Backstroke	36.16	35.60	409	05/05/24	City of Swansea Aquatics MAY LC Open Meet 2024	Swansea	WL240501	1
100 Backstroke	1:20.33	1:19.30	363	04/05/24	City of Swansea Aquatics MAY LC Open Meet 2024	Swansea	WL240501	1
200 Backstroke	2:50.86	2:48.90	374	05/05/24	City of Swansea Aquatics MAY LC Open Meet 2024	Swansea	WL240501	1
200 Individual Medley	2:56.67	2:54.40	363	11/02/24	Swim Wales Regional Racing Series - North 2024	Liverpool	WL240020	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	32.10	32.70	364	03/03/24	Menai AA&B Meet 2024	Llandudno	WL240609	3
100 Freestyle	1:09.79	1:11.00	373	03/03/24	Menai AA&B Meet 2024	Llandudno	WL240609	3
200 Freestyle	2:35.94	2:38.20	353	16/03/24	Swim Conwy Spring Meet 2024	Llandudno	WL240498	3
400 Freestyle	5:43.06	5:47.10	306	11/11/23	John Sharp Invitational Meet 2023	Llandudno	WL232003	3
50 Breaststroke	44.00	44.70	268	21/10/23	Swim Conwy Autumn Meet 2023	Llandudno	WL232002	2
100 Breaststroke	1:32.51	1:33.90	306	17/03/24	Swim Conwy Spring Meet 2024	Llandudno	WL240498	3
200 Breaststroke	3:26.07	3:28.60	278	25/11/23	Swim Wales Regional SC Championships - North 2023	Llandudno	WL232010	2
50 Butterfly	35.34	35.90	328	17/03/24	Swim Conwy Spring Meet 2024	Llandudno	WL240498	3
100 Butterfly	1:22.63	1:23.50	279	17/03/24	Swim Conwy Spring Meet 2024	Llandudno	WL240498	3
50 Backstroke	35.04	35.60	374	17/12/23	Swim Wales Winter Championships 2023	Swansea	WL232016	2
100 Backstroke	1:17.41	1:18.40	356	03/03/24	Menai AA&B Meet 2024	Llandudno	WL240609	3
200 Backstroke	2:48.30	2:50.30	352	22/10/23	Swim Conwy Autumn Meet 2023	Llandudno	WL232002	2
200 Individual Medley	2:52.51	2:54.80	352	03/03/24	Menai AA&B Meet 2024	Llandudno	WL240609	3
100 Individual Medley	2:06.24	2:06.20	89	23/11/20	Swim Wales Super Series - Round 2, Session 1	Swansea	LYX004	0