

Individual Best Times (All Time)

Lucas Dugdale-Thomas - (1594946) - Eastbourne SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	37.83	37.30	168	24/09/23	Crawley SC Lis Hartley Open Meet L3 2023	Crawley	SE231515	3
100 Freestyle	1:24.00	1:23.00	173	23/09/23	Crawley SC Lis Hartley Open Meet L3 2023	Crawley	SE231515	3
200 Freestyle	2:57.31	2:55.30	190	24/09/23	Crawley SC Lis Hartley Open Meet L3 2023	Crawley	SE231515	3
50 Breaststroke	50.80	50.20	133	23/09/23	Crawley SC Lis Hartley Open Meet L3 2023	Crawley	SE231515	3
100 Breaststroke	1:50.43	1:49.30	136	23/09/23	Crawley SC Lis Hartley Open Meet L3 2023	Crawley	SE231515	3
50 Butterfly	50.55	50.20	85	24/09/23	Crawley SC Lis Hartley Open Meet L3 2023	Crawley	SE231515	3
50 Backstroke	47.71	47.30	120	23/09/23	Crawley SC Lis Hartley Open Meet L3 2023	Crawley	SE231515	3
100 Backstroke	1:40.47	1:39.70	135	23/09/23	Crawley SC Lis Hartley Open Meet L3 2023	Crawley	SE231515	3
200 Individual Medley	4:01.68	4:00.00	104	25/09/22	Lis Hartley L3 Open Meet Crawley 2022	K2 Crawley	SE221387	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	36.27	36.80	171	14/01/24	Brighton SC Tom Handley Open Meet 2024	Prince Regent	SE240042	3
100 Freestyle	1:18.54	1:19.60	186	19/05/24	East Grinstead SC Open Meet 2024	Crawley	SE240109	3
200 Freestyle	2:54.06	2:56.00	186	14/01/24	Brighton SC Tom Handley Open Meet 2024	Prince Regent	SE240042	3
400 Freestyle	6:08.51	6:12.30	191	25/11/23	Atlantis SC Christmas Cracker 2023	Horsham	SE231038	3
800 Freestyle	12:46.98	12:54.50	193	17/11/23	Eastbourne Swimming Club 2023 Club Championships	Eastbourne	SE230824	4
50 Breaststroke	46.97	47.60	149	19/05/24	East Grinstead SC Open Meet 2024	Crawley	SE240109	3
100 Breaststroke	1:44.80	1:46.00	146	19/05/24	East Grinstead SC Open Meet 2024	Crawley	SE240109	3
200 Breaststroke	3:52.70	3:55.00	137	04/11/23	Eastbourne SC 2023 Club Championships	Eastbourne	SE230505	4
50 Butterfly	42.62	43.10	132	16/03/24	Eastbourne SC Club Championships	Eastbourne	SE240336	4
100 Butterfly	1:48.51	1:49.20	85	23/03/24	Eastbourne SC Club Championships	Eastbourne	SE240337	4
50 Backstroke	42.31	42.80	142	03/03/24	Atlantis March Madness Sprint Meet 2024	Horsham	SE240015	3
100 Backstroke	1:33.86	1:34.70	136	15/07/23	Mid Sussex Marlins L3 End of Season Open Meet 2023	West Sussex	SE231138	3
200 Backstroke	3:07.33	3:09.10	179	23/03/24	Eastbourne SC Club Championships	Eastbourne	SE240337	4
200 Individual Medley	3:30.39	3:32.30	141	08/07/23	Terry Fitzgerald Memorial Open Meet 2023	Hastings	SE230157	3
100 Individual Medley	1:30.55	1:30.60	161	23/03/24	Eastbourne SC Club Championships	Eastbourne	SE240337	4