

Individual Best Times (All Time)

Lucas Ward - (1598150) - Thurrock Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	33.73	33.10	238	25/02/24	2024 Essex County Age Group Championships	London	ER240055	1
100 Freestyle	1:14.26	1:13.10	251	23/03/24	Newham & UEL SC National Qualifier Open Meet 2024	Stratford	LR240111	1
200 Freestyle	2:40.73	2:38.60	255	24/03/24	Newham & UEL SC National Qualifier Open Meet 2024	Stratford	LR240111	1
400 Freestyle	5:48.72	5:44.70	251	14/01/24	2024 Essex County Age Group Championships	London	ER240054	1
800 Freestyle	12:11.13	12:03.20	236	12/01/24	2024 Essex County Age Group Championships	London	ER240054	1
1500 Freestyle	23:04.86	22:49.80	248	23/02/24	2024 Essex County Age Group Championships	London	ER240055	1
50 Breaststroke	45.17	44.50	189	24/02/24	2024 Essex County Age Group Championships	London	ER240055	1
100 Breaststroke	1:39.47	1:38.20	186	23/03/24	Newham & UEL SC National Qualifier Open Meet 2024	Stratford	LR240111	1
200 Breaststroke	3:35.85	3:33.40	196	24/02/24	2024 Essex County Age Group Championships	London	ER240055	1
50 Butterfly	37.63	37.10	207	23/03/24	Newham & UEL SC National Qualifier Open Meet 2024	Stratford	LR240111	1
100 Butterfly	1:30.24	1:29.40	164	24/03/24	Newham & UEL SC National Qualifier Open Meet 2024	Stratford	LR240111	1
200 Butterfly	3:43.49	3:42.10	120	14/05/23	Swim England East Region LC Championships 2023	Luton	ER230335	1
50 Backstroke	41.52	41.00	182	24/02/24	2024 Essex County Age Group Championships	London	ER240055	1
100 Backstroke	1:31.94	1:31.10	176	14/01/24	2024 Essex County Age Group Championships	London	ER240054	1
200 Backstroke	3:03.45	3:01.60	227	12/05/24	Swim England East Region LC Championships 2024	Norwich	ER240238	1
200 Individual Medley	3:13.24	3:11.20	205	13/01/24	2024 Essex County Age Group Championships	London	ER240054	1
400 Individual Medley	6:34.87	6:30.40	231	24/03/24	Newham & UEL SC National Qualifier Open Meet 2024	Stratford	LR240111	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	33.89	34.50	210	16/12/23	Romford Town SC Christmas Cracker Meet 2023	Harrow Lodge LC	LR231413	3
100 Freestyle	1:16.12	1:17.20	204	26/11/23	Colchester 2023 Last Chance County Qualifier Meet	Braintree	ER231564	3
200 Freestyle	2:37.62	2:39.80	250	17/03/24	Enfield SS Regional Qualifier Open Meet 2024	Enfield	LR240293	3
400 Freestyle	5:34.69	5:38.90	255	16/03/24	Enfield SS Regional Qualifier Open Meet 2024	Enfield	LR240293	3
800 Freestyle	11:39.24	11:47.50	255	14/10/23	Romford TSC Long Distance County Qualifier Meet	Romford	LR232109	3
1500 Freestyle	22:34.56	22:49.70	244	21/10/23	Romford TSC Long Distance County Qualifier Meet	Romford	LR232110	3
50 Breaststroke	44.88	45.60	171	17/03/24	Enfield SS Regional Qualifier Open Meet 2024	Enfield	LR240293	3
100 Breaststroke	1:38.87	1:40.10	174	16/03/24	Enfield SS Regional Qualifier Open Meet 2024	Enfield	LR240293	3
200 Breaststroke	3:29.49	3:32.00	188	17/03/24	Enfield SS Regional Qualifier Open Meet 2024	Enfield	LR240293	3
50 Butterfly	38.21	38.70	184	16/03/24	Enfield SS Regional Qualifier Open Meet 2024	Enfield	LR240293	3
100 Butterfly	1:28.17	1:29.00	159	17/03/24	Enfield SS Regional Qualifier Open Meet 2024	Enfield	LR240293	3
200 Butterfly	3:33.67	3:35.10	125	11/03/23	Basildon & Phoenix Spring Regional Qualifier 2023	Basildon	ER230399	3
50 Backstroke	40.55	41.00	162	16/03/24	Enfield SS Regional Qualifier Open Meet 2024	Enfield	LR240293	3
100 Backstroke	1:27.87	1:28.80	166	17/03/24	Enfield SS Regional Qualifier Open Meet 2024	Enfield	LR240293	3
200 Backstroke	2:57.29	2:59.20	211	16/03/24	Enfield SS Regional Qualifier Open Meet 2024	Enfield	LR240293	3
200 Individual Medley	2:59.19	3:01.40	229	17/03/24	Enfield SS Regional Qualifier Open Meet 2024	Enfield	LR240293	3
400 Individual Medley	6:20.81	6:25.40	234	28/01/24	Romford Town Non County Qualifier Meet 2024	Romford	LR240216	3
100 Individual Medley	1:27.21	1:27.20	180	27/01/24	Romford Town Non County Qualifier Meet 2024	Romford	LR240216	3