

Individual Best Times (All Time)

Lucy Williams - (1651701) - Kendal SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	38.45	37.90	231	01/07/23	City of Sunderland ASC Summer Splash 2023	Sunderland	NE231255	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	35.74	36.30	264	03/02/24	Cumbria County Championships & Age Groups 2024	Workington	NW240299	2
100 Freestyle	1:27.65	1:28.60	188	03/12/23	Cumbria Winter Meet L3 2023	Copeland	NW232162	3
200 Freestyle	4:01.82	4:03.30	94	10/07/22	Kendal Club Championships Gala 2	Kendal	NW221520	4
50 Breaststroke	47.17	47.80	217	11/05/24	Kendal ASC Club Championship Gala 2 2024	Kendal	NW241220	4
100 Breaststroke	1:52.07	1:53.20	172	21/10/23	Barrow ASC Halloween Meet 2023	Barrow in Furness	NW232161	3
200 Breaststroke	4:05.15	4:07.30	165	15/10/23	Kendal ASC Club Championships Gala 4 2023	Kendal	NW232414	4
50 Butterfly	43.33	43.80	178	08/06/24	Kendal ASC Club Championship Gala 3	Kendal	NW241221	4
50 Backstroke	48.13	48.50	144	04/12/22	Cumbria Winter Meet 2022	Copeland Leisure Cen	NW221998	3
100 Backstroke	1:57.07	1:57.80	103	15/10/22	Kendal ASC Club Championships Gala 3 2022	Kendal	NW222344	4
100 Individual Medley	1:31.18	1:31.20	238	11/05/24	Kendal ASC Club Championship Gala 2 2024	Kendal	NW241220	4