

# Individual Best Times (All Time)

## Lucy Sessions - (363226) - Woking SC

### Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.79	28.10	551	17/02/18	BUCS Long Course Swimming Championships	Sheffield	NE180246	1
100 Freestyle	1:03.42	1:02.10	542	17/11/13	Crawley Not So Early Bird Meet	Crawley	SE3141	1
200 Freestyle	2:19.20	2:16.70	532	18/12/11	Hillingdon Winter Open Meet	Hillingdon	LR1382	1
400 Freestyle	5:10.33	5:05.80	436	23/04/11	Portsmouth Northsea Easter Swim Festival	Portsmouth	SE1206	1
50 Breaststroke	41.15	40.40	355	11/03/12	Surrey County Championships	Guildford	CC2093	1
200 Breaststroke	3:58.23	3:56.00	192	05/04/09	Bracknell & Wokingham 2009	Aldershot	SE9085	2
50 Butterfly	29.74	29.10	554	31/01/15	London Swimming South Region Zonal Meet 2015	London Aquatic Cent	LR150017	1
100 Butterfly	1:07.73	1:06.60	549	26/04/14	National Arena League 'B' Final	Cardiff	WAL563	1
200 Butterfly	2:54.03	2:52.20	342	24/04/11	Portsmouth Northsea Easter Swim Festival	Portsmouth	SE1206	1
50 Backstroke	34.48	33.90	472	11/03/12	Surrey County Championships	Guildford	CC2093	1
100 Backstroke	1:19.78	1:18.80	371	22/04/11	Portsmouth Northsea Easter Swim Festival	Portsmouth	SE1206	1
200 Backstroke	3:00.62	2:58.80	316	18/04/10	Crawley Spring LC Open Meet	Crawley	SE0181	1
200 Individual Medley	2:44.40	2:42.00	451	23/04/11	Portsmouth Northsea Easter Swim Festival	Portsmouth	SE1206	1

### Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.66	28.40	569	11/11/17	BUCS Short Course Swimming Championships	Sheffield	NE172398	2
100 Freestyle	1:00.83	1:02.20	563	12/11/17	BUCS Short Course Swimming Championships	Sheffield	NE172398	2
200 Freestyle	2:12.58	2:15.20	575	15/04/12	Guildford City SC Open Meet	Guildford	SE2268	2
400 Freestyle	4:46.38	4:51.20	526	11/11/14	Woking Club Championships	Woking	SE14380	4
50 Breaststroke	38.74	39.50	392	21/09/14	Woking Club Championships	Woking	SE14376	4
100 Breaststroke	1:27.68	1:29.10	359	06/10/13	Woking SC Club Championships	Woking	SE3835	4
200 Breaststroke	3:06.82	3:09.60	373	27/11/11	Guildford City County Qualifier Meet	Guildford	SE1253	2
50 Butterfly	29.56	30.20	561	27/09/15	Woking SC Club Championships 2015	Woking	SE151346	4
100 Butterfly	1:06.14	1:07.30	545	16/03/14	British Gas Surrey Age Group Championships	Guildford	CC4052	2
200 Butterfly	2:38.93	2:40.90	426	21/09/14	Woking Club Championships	Woking	SE14376	4
50 Backstroke	32.33	32.90	476	21/09/14	Woking Club Championships	Woking	SE14376	4
100 Backstroke	1:09.53	1:10.70	491	14/10/14	Woking SC Club Championships 2014	Woking	SE14378	4
200 Backstroke	2:34.81	2:36.90	453	26/11/11	Guildford City County Qualifier Meet	Guildford	SE1253	2
200 Individual Medley	2:36.99	2:39.50	467	26/11/11	Guildford City County Qualifier Meet	Guildford	SE1253	2
400 Individual Medley	6:38.66	6:43.10	274	24/11/09	Guildford City Champs	Guildford	SE9718	4
100 Individual Medley	1:11.30	1:11.30	497	06/10/13	Woking SC Club Championships	Woking	SE3835	4