

Individual Best Times (All Time)

Lydia Westbury - (399988) - Carnforth & Dist Otters

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.87	30.20	447	17/03/12	Lancashire County Championships	Manchester	CC2016	1
100 Freestyle	1:06.84	1:05.60	463	17/03/12	Lancashire County Championships	Manchester	CC2016	1
200 Freestyle	2:28.84	2:26.50	435	18/03/12	Lancashire County Championships	Manchester	CC2016	1
50 Butterfly	43.14	42.70	181	27/06/09	City of Liverpool Summer	Liverpool	NW9031	3
100 Butterfly	1:41.49	1:40.70	163	28/06/09	City of Liverpool Summer	Liverpool	NW9031	3
50 Backstroke	41.84	41.40	264	28/06/09	City of Liverpool Summer	Liverpool	NW9031	3
100 Backstroke	1:33.93	1:33.10	227	28/06/09	City of Liverpool Summer	Liverpool	NW9031	3
200 Backstroke	3:12.41	3:10.70	262	21/03/09	Lancashire County Champs	Manchester	CC9045	2
200 Individual Medley	3:15.91	3:13.90	266	15/03/09	Lancashire County Champs	Manchester	CC9044	2

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.11	30.80	441	26/10/13	North Lancashire SWPA Level 3 Meet	Blackpool	NW3684	3
100 Freestyle	1:06.26	1:07.50	436	26/10/13	North Lancashire SWPA Level 3 Meet	Blackpool	NW3684	3
200 Freestyle	2:25.90	2:28.30	432	05/11/11	North Lancashire Level 3 Open Meet	Blackpool	NW1530	3
400 Freestyle	5:08.04	5:12.60	423	21/01/12	North Lancashire Age Group & Youth Champs	Blackpool	NW2020	3
800 Freestyle	10:32.96	10:42.00	429	19/01/14	North Lancashire Age Groups 2014	Blackpool	NW4147	3
50 Breaststroke	40.50	41.30	343	21/01/12	North Lancashire Age Group & Youth Champs	Blackpool	NW2020	3
100 Breaststroke	1:27.36	1:28.80	363	04/02/12	North Lancashire Age Groups & Youth Meet	Blackpool	NW2021	3
200 Breaststroke	3:09.97	3:12.70	355	04/02/12	North Lancashire Age Groups & Youth Meet	Blackpool	NW2021	3
50 Butterfly	32.97	33.50	404	18/01/14	North Lancashire Age Groups 2014	Blackpool	NW4147	3
100 Butterfly	1:15.26	1:16.30	370	27/04/13	ESSA NW Individual Championships 2013	Salt Ayre	NW3402	4
200 Butterfly	2:57.03	2:58.80	308	22/01/12	North Lancashire Age Group & Youth Champs	Blackpool	NW2020	3
50 Backstroke	35.83	36.40	349	02/02/13	North Lancashire AG & Youth Champs	Blackpool	NW3161	3
100 Backstroke	1:18.09	1:19.10	347	19/01/13	North Lancashire AG & Youth Champs	Blackpool	NW3160	3
200 Backstroke	2:45.97	2:48.00	368	01/02/14	North Lancashire Age Groups, Youth & Champs	Blackpool	NW4148	3
200 Individual Medley	2:45.96	2:48.30	395	27/10/13	North Lancashire SWPA Level 3 Meet	Blackpool	NW3684	3
400 Individual Medley	5:57.16	6:02.10	381	04/02/12	North Lancashire Age Groups & Youth Meet	Blackpool	NW2021	3
100 Individual Medley	1:32.43	1:32.40	228	10/10/09	North Lancs Assoc Meet	Blackpool	NW9475	3