

Individual Best Times (All Time)

Lucie Simpson - (436306) - Flixton SC

Long Course

| Stroke | LC Time | Converted to SC | LC WA Pts | Date | Meet | Venue | Licence | Level |
|-----------------------|----------|-----------------|-----------|----------|--|------------|---------|-------|
| 50 Freestyle | 30.93 | 30.20 | 444 | 15/03/14 | Lancashire County Championships | Manchester | CC4087 | 1 |
| 100 Freestyle | 1:06.42 | 1:05.10 | 471 | 06/04/14 | Stockport April Meet 2014 | Stockport | NW4345 | 1 |
| 200 Freestyle | 2:22.98 | 2:20.50 | 491 | 16/03/14 | Lancashire County Championships | Manchester | CC4087 | 1 |
| 800 Freestyle | 10:18.62 | 10:09.20 | 481 | 04/04/14 | Stockport April Meet 2014 | Stockport | NW4345 | 1 |
| 50 Breaststroke | 38.67 | 37.80 | 428 | 12/05/12 | City of Manchester Aquatics Swim Team Open | Manchester | NW2307 | 1 |
| 100 Breaststroke | 1:23.69 | 1:22.20 | 449 | 13/05/12 | City of Manchester Aquatics Swim Team Open | Manchester | NW2307 | 1 |
| 200 Breaststroke | 3:01.30 | 2:58.40 | 436 | 12/07/14 | City of Sunderland ASC Summer Splash 2014 | Sunderland | NE4760 | 3 |
| 100 Butterfly | 1:19.37 | 1:18.40 | 341 | 12/07/14 | City of Sunderland ASC Summer Splash 2014 | Sunderland | NE4760 | 3 |
| 50 Backstroke | 39.28 | 38.80 | 319 | 12/07/14 | City of Sunderland ASC Summer Splash 2014 | Sunderland | NE4760 | 3 |
| 100 Backstroke | 1:31.30 | 1:30.40 | 247 | 26/06/10 | City of Liverpool Summer Meet | Liverpool | NW0015 | 3 |
| 200 Individual Medley | 2:41.59 | 2:39.10 | 475 | 08/03/14 | Lancashire Age Groups & Championships | Manchester | CC4086 | 1 |

Short Course

| Stroke | SC Time | Converted to LC | SC WA Pts | Date | Meet | Venue | License | Level |
|-----------------------|----------|-----------------|-----------|----------|---|--------------|---------|-------|
| 50 Freestyle | 30.35 | 31.00 | 431 | 13/07/13 | Flixton SC Club Championships Spring Meet | Flixton | NW3456 | 4 |
| 100 Freestyle | 1:05.61 | 1:06.90 | 449 | 26/01/14 | Greater Manchester Clubs Age Groups | Manchester | NW4002 | 3 |
| 200 Freestyle | 2:20.86 | 2:23.30 | 480 | 19/10/13 | Greater Manchester Autumn Meet 2013 | Manchester | NW3215 | 3 |
| 400 Freestyle | 4:59.71 | 5:04.40 | 459 | 26/01/13 | Bolton & Manchester District Age Group Com | Manchester | NW3057 | 3 |
| 800 Freestyle | 10:15.76 | 10:25.10 | 466 | 06/02/14 | Flixton Club Championships Distance Meet | Urmston | NW4319 | 4 |
| 50 Breaststroke | 37.86 | 38.70 | 420 | 23/06/13 | Preston Guild Summer Spectacular Meet | Darwen | NW3330 | 3 |
| 100 Breaststroke | 1:22.49 | 1:24.00 | 432 | 29/04/12 | Satellite of Macclesfield 25th Open Meet | Macclesfield | NW2009 | 2 |
| 200 Breaststroke | 2:54.93 | 2:57.90 | 455 | 29/01/12 | Bolton & Manchester District Age Group Meet | Manchester | NW2005 | 3 |
| 50 Butterfly | 35.51 | 36.00 | 323 | 15/01/12 | Bolton & Manchester Age Groups | Manchester | NW2004 | 3 |
| 100 Butterfly | 1:15.14 | 1:16.10 | 372 | 13/07/13 | Flixton SC Club Championships Spring Meet | Flixton | NW3456 | 4 |
| 50 Backstroke | 37.06 | 37.60 | 316 | 15/01/12 | Bolton & Manchester Age Groups | Manchester | NW2004 | 3 |
| 100 Backstroke | 1:17.43 | 1:18.50 | 356 | 15/01/12 | Bolton & Manchester Age Groups | Manchester | NW2004 | 3 |
| 200 Backstroke | 3:51.42 | 3:52.90 | 135 | 11/05/08 | Satellite Open Meet | Macclesfield | NW8214 | 2 |
| 200 Individual Medley | 2:36.60 | 2:39.10 | 471 | 08/02/14 | Flixton Club Championships Distance Meet | Urmston | NW4319 | 4 |
| 100 Individual Medley | 1:15.31 | 1:15.30 | 422 | 19/10/13 | Greater Manchester Autumn Meet 2013 | Manchester | NW3215 | 3 |