

Individual Best Times (All Time)

Lucy Howes - (485160) - Folkestone SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.17	29.50	479	13/02/16	Kent Swimming Championships 2016	London	SE160331	1
100 Freestyle	1:03.88	1:02.60	530	16/11/14	Bexley Distance & Sprint Open Meet	Crystal Palace	LR4571	1
200 Freestyle	2:19.52	2:17.00	529	05/05/14	ASA South East Region Youth Championships	Guildford	SER417	1
400 Freestyle	4:59.97	4:55.30	483	20/11/11	Crawley Not So Early Bird Meet	Crawley	SE1509	1
800 Freestyle	10:01.17	9:51.50	524	15/02/15	2015 Kent County Swimming Championships	Crystal Palace	CC150170	1
50 Breaststroke	34.87	34.00	584	06/08/14	BG ASA Youth & MC Championships 2014	Sheffield	ASA135	1
100 Breaststroke	1:16.66	1:15.00	585	31/05/14	London Swimming Last Chance Youth Time Trials	Crystal Palace	LR4134	1
200 Breaststroke	2:47.25	2:44.10	556	06/08/15	ASA Summer Nationals 2015	Sheffield	ASA142	1
50 Butterfly	32.14	31.50	439	14/02/16	Kent Swimming Championships 2016	London	SE160331	1
100 Butterfly	1:13.03	1:12.00	438	03/05/14	ASA South East Region Youth Championships	Crawley	SER416	1
200 Butterfly	2:54.04	2:52.20	342	04/12/11	South East Region Open & Junior Champs	Aldershot	SER127	1
50 Backstroke	34.80	34.20	459	13/02/16	Kent Swimming Championships 2016	London	SE160331	1
100 Backstroke	1:13.22	1:12.10	480	30/01/16	Kent Swimming Championships 2016	Crystal Palace	SE160329	1
200 Backstroke	2:42.25	2:40.20	437	12/06/11	BG South East Region Age Group Championshi	Crawley	SER114	1
200 Individual Medley	2:33.67	2:31.10	552	03/05/14	ASA South East Region Youth Championships	Crawley	SER416	1
400 Individual Medley	5:42.89	5:37.70	466	23/01/16	Kent Swimming Championships 2016	Crystal Palace	SE160328	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.31	30.00	478	04/07/14	Folkestone Club Championships	Folkestone	SE4836	4
100 Freestyle	1:02.18	1:03.50	527	05/07/14	Herne Bay Summer Gala	Canterbury	SE4507	3
200 Freestyle	2:13.17	2:15.80	568	22/02/14	BG Kent ASA Swimming Championships	Gillingham	CC4061	2
400 Freestyle	4:41.08	4:46.00	557	28/02/15	2015 Kent County Swimming Championships	Gillingham	CC150172	2
800 Freestyle	9:54.10	10:03.80	518	04/10/14	East Invicta Annual Championships	Canterbury	SE4372	3
50 Breaststroke	34.68	35.60	547	02/03/14	BG Kent ASA Swimming Championships	Gillingham	CC4062	2
100 Breaststroke	1:13.12	1:14.80	620	21/02/15	2015 Kent County Swimming Championships	Gillingham	CC150171	2
200 Breaststroke	2:43.51	2:46.70	557	26/04/14	Rugby Open Meet 2014	Rugby	WM4063	3
50 Butterfly	31.27	31.90	473	26/04/15	Rugby Open Meet 2015	Rugby	WM150141	3
100 Butterfly	1:09.27	1:10.40	475	22/02/14	BG Kent ASA Swimming Championships	Gillingham	CC4061	2
200 Butterfly	2:34.56	2:36.60	463	06/11/15	Folkestone Club Championships	Folkestone	SE152144	4
50 Backstroke	32.03	32.70	489	23/02/14	BG Kent ASA Swimming Championships	Gillingham	CC4061	2
100 Backstroke	1:09.44	1:10.60	493	26/10/14	East Invicta Annual Championships	Canterbury	SE4372	3
200 Backstroke	2:30.87	2:33.10	489	17/10/15	East Invicta Annual Championships	Canterbury	SE151598	2
200 Individual Medley	2:27.71	2:30.40	561	13/12/14	NASLS2014 Round Three	Bexleyheath	LR14711	3
400 Individual Medley	5:25.48	5:30.80	503	18/10/15	East Invicta Annual Championships	Canterbury	SE151598	2
100 Individual Medley	1:09.60	1:09.60	535	22/02/14	BG Kent ASA Swimming Championships	Gillingham	CC4061	2