

Individual Best Times (All Time)

Bethany Lacy - (531486) - South Tyneside SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.38	30.70	425	21/01/17	City of Sunderland SC New Year Meet 2017	Sunderland	NE170490	1
100 Freestyle	1:11.49	1:10.30	378	09/07/16	Richmond Dales Summer Madness Gala	Leeds	NE160287	3
200 Freestyle	3:14.01	3:12.20	196	13/07/13	City of Sunderland Summer Splash	Sunderland	NE3542	3
50 Breaststroke	41.70	40.90	341	22/01/17	City of Sunderland SC New Year Meet 2017	Sunderland	NE170490	1
100 Breaststroke	1:41.63	1:40.40	251	12/07/15	Richmond Dales Summer Madness Meet	Leeds	NE150566	3
50 Butterfly	37.11	36.60	285	09/07/16	Richmond Dales Summer Madness Gala	Leeds	NE160287	3
50 Backstroke	39.37	38.90	317	09/07/16	Richmond Dales Summer Madness Gala	Leeds	NE160287	3
200 Individual Medley	2:50.58	2:48.20	404	09/07/16	Richmond Dales Summer Madness Gala	Leeds	NE160287	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.22	31.90	396	17/04/16	South Tyneside Spring Meet	South Shields	NE160685	3
100 Freestyle	1:07.95	1:09.20	404	19/03/16	North Tyneside Mad March Hare Extravaganza	Stanley	NE160153	3
200 Freestyle	2:24.67	2:27.10	443	20/03/16	North Tyneside Mad March Hare Extravaganza	Stanley	NE160153	3
400 Freestyle	5:03.63	5:08.20	442	17/04/16	South Tyneside Spring Meet	South Shields	NE160685	3
50 Breaststroke	40.23	41.00	350	01/10/16	South Tyneside Swim Team Autumn Meet	South Shields	NE162095	3
100 Breaststroke	1:28.35	1:29.80	351	19/03/16	North Tyneside Mad March Hare Extravaganza	Stanley	NE160153	3
200 Breaststroke	3:08.50	3:11.30	363	05/06/16	Derwentside 7th Annual Charity Swim Meet 2016	Stanley	NE160129	3
50 Butterfly	35.59	36.10	321	01/10/16	South Tyneside Swim Team Autumn Meet	South Shields	NE162095	3
100 Butterfly	1:26.13	1:27.00	247	20/03/16	North Tyneside Mad March Hare Extravaganza	Stanley	NE160153	3
50 Backstroke	36.62	37.20	327	17/04/16	South Tyneside Spring Meet	South Shields	NE160685	3
100 Backstroke	1:20.26	1:21.30	319	25/06/16	Newcastle Swim Team Summer Meet	Stanley	NE161169	3
200 Backstroke	2:56.44	2:58.30	306	17/10/15	South Tyneside SC Autumn Meet	South Shields	NE151545	3
200 Individual Medley	2:48.78	2:51.10	376	25/06/16	Newcastle Swim Team Summer Meet	Stanley	NE161169	3
100 Individual Medley	1:18.87	1:18.90	367	19/03/16	North Tyneside Mad March Hare Extravaganza	Stanley	NE160153	3