

# Individual Best Times (All Time)

Lucy Lewis Ward - (548318) - Cambridge University Swimming &

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.51	28.80	512	11/03/17	Wycombe Long Course Premier Open Meet	Wycombe	SE170384	1
100 Freestyle	1:03.53	1:02.20	539	12/03/17	Wycombe Long Course Premier Open Meet	Wycombe	SE170384	1
200 Freestyle	2:17.76	2:15.20	549	28/01/17	Kent Swimming Championships	Crystal Palace	SE170172	1
400 Freestyle	4:51.66	4:46.80	525	21/01/17	Kent Swimming Championships	Crystal Palace	SE170171	1
800 Freestyle	10:26.30	10:17.00	463	03/04/15	Beckenham Easter International Open 2015	Crystal Palace	LR150437	1
50 Breaststroke	44.62	43.90	279	17/07/16	ASA London Region End of Season Meet	Crystal Palace	LR160451	3
100 Breaststroke	1:34.49	1:33.10	312	26/10/14	Rushmoor Royals 11th Autumn Meet	Aldershot	SE4908	1
50 Butterfly	34.24	33.70	363	17/07/16	ASA London Region End of Season Meet	Crystal Palace	LR160451	3
50 Backstroke	34.82	34.20	459	13/02/16	Kent Swimming Championships 2016	London	SE160331	1
100 Backstroke	1:12.76	1:11.60	489	19/03/16	Seraing Swimming Grand Prix 2016	Belgium	GBR305	1
200 Backstroke	2:35.19	2:33.00	499	08/05/16	London Region Age Grp Summer Championships	Crystal Palace	LR160415	1
200 Individual Medley	2:39.24	2:36.70	496	19/03/16	Seraing Swimming Grand Prix 2016	Belgium	GBR305	1
400 Individual Medley	5:48.39	5:43.30	444	04/04/15	Beckenham Easter International Open 2015	Crystal Palace	LR150437	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.97	29.70	495	05/11/16	London Region Winter Championships	Stratford	LR162227	2
100 Freestyle	1:02.42	1:03.70	521	06/11/16	London Region Winter Championships	Stratford	LR162227	2
200 Freestyle	2:15.20	2:17.70	543	19/11/16	Aquae Sulis Autumn Level 2 Meet	Bristol	SW162363	2
400 Freestyle	4:51.13	4:55.90	501	31/10/16	Beckenham Club Championships	Beckenham	LR161094	4
800 Freestyle	10:25.11	10:34.30	445	04/01/16	Beckenham Club Championships	Beckenham	LR160073	4
50 Breaststroke	42.66	43.40	294	13/10/14	Beckenham Club Championships	Beckenham	LR14277	4
100 Breaststroke	1:31.63	1:33.00	315	16/11/15	Beckenham Club Championships	Beckenham	LR151574	4
200 Breaststroke	3:11.97	3:14.70	344	13/10/14	Beckenham Club Championships	Beckenham	LR14277	4
50 Butterfly	33.52	34.10	384	05/12/16	Beckenham Club Championships	Beckenham	LR161096	4
100 Butterfly	1:20.84	1:21.80	298	03/11/14	Beckenham Club Championships	Beckenham	LR14278	4
200 Butterfly	3:13.41	3:15.00	236	17/11/14	Beckenham Club Championships	Beckenham	LR14279	4
50 Backstroke	33.24	33.80	438	20/11/16	Aquae Sulis Autumn Level 2 Meet	Bristol	SW162363	2
100 Backstroke	1:10.53	1:11.70	471	06/11/16	London Region Winter Championships	Stratford	LR162227	2
200 Backstroke	2:29.08	2:31.30	507	20/11/16	Aquae Sulis Autumn Level 2 Meet	Bristol	SW162363	2
200 Individual Medley	2:36.25	2:38.80	474	20/11/16	Aquae Sulis Autumn Level 2 Meet	Bristol	SW162363	2
400 Individual Medley	5:42.51	5:47.60	432	21/12/14	Hillingdon Winter Open Meet 2014	Hillingdon	LR14450	2
100 Individual Medley	1:15.44	1:15.40	420	31/10/15	DD & ED Halloween Weekend Open Meet	Bexleyheath	LR150095	3