

# Individual Best Times (All Time)

## Lucy Park - (775368) - Clwb Nofio Bangor Swim Club

### Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.69	29.00	502	30/03/19	Team Luton March Open Meet	Luton	ER190183	1
100 Freestyle	1:03.10	1:01.80	550	17/02/19	Swansea Aquatics Spring Long Course 2019	WNPS	WL190224	1
200 Freestyle	2:16.13	2:13.60	569	20/04/19	BPSC Easter Meet 2019	Basildon	ER190188	1
400 Freestyle	4:55.48	4:50.70	505	21/04/19	BPSC Easter Meet 2019	Basildon	ER190188	1
800 Freestyle	10:16.19	10:06.70	486	14/04/18	Team Luton April Long Course Meet 2018	Luton	ER180341	1
50 Breaststroke	36.20	35.30	522	21/04/19	BPSC Easter Meet 2019	Basildon	ER190188	1
100 Breaststroke	1:19.38	1:17.80	527	30/03/19	Team Luton March Open Meet	Luton	ER190183	1
200 Breaststroke	2:47.06	2:43.90	558	04/05/19	Swim England East Region Long Course Champs	Inspire Luton	ER190178	1
50 Butterfly	33.65	33.10	382	17/02/19	Swansea Aquatics Spring Long Course 2019	WNPS	WL190224	1
50 Backstroke	36.72	36.20	391	30/03/13	City of Norwich SC Easter Meet 2013	Norwich	ER3006	1
200 Individual Medley	2:38.42	2:35.90	504	05/05/19	Swim England East Region Long Course Champs	Inspire Luton	ER190178	1

### Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.68	29.40	511	09/12/18	Hemel Hempstead Alan Doyle Memorial Sprint Meet	Hemel Hempstead	ER180888	3
100 Freestyle	1:01.21	1:02.60	553	17/11/18	Watford November 2018 County Qualifier	Garston	ER181665	3
200 Freestyle	2:11.26	2:13.90	593	23/06/18	The Terry Davies Alternative Nationals	Woodside LC	ER180890	3
400 Freestyle	4:40.69	4:45.60	559	17/11/18	Watford November 2018 County Qualifier	Garston	ER181665	3
800 Freestyle	9:45.04	9:54.80	543	21/10/18	Team Luton Autumn Short Course Meet 2018	Inspire Luton Sports	ER181018	3
50 Breaststroke	34.84	35.70	539	09/12/18	Hemel Hempstead Alan Doyle Memorial Sprint Meet	Hemel Hempstead	ER180888	3
100 Breaststroke	1:15.11	1:16.80	572	23/06/18	The Terry Davies Alternative Nationals	Woodside LC	ER180890	3
200 Breaststroke	2:40.30	2:43.60	591	23/06/19	The Terry Davies Alternative Nationals	Woodside	ER190152	3
50 Butterfly	32.04	32.60	440	17/11/18	Watford November 2018 County Qualifier	Garston	ER181665	3
100 Butterfly	1:12.93	1:14.00	407	16/07/14	Watford SC Club Championships Sprints 2014	Watford	ER4867	4
200 Butterfly	3:17.04	3:18.60	223	29/09/10	Watford Club Champs	Watford	ER0543	4
50 Backstroke	34.49	35.10	392	03/03/18	Watford Regional Qualifier	Watford	ER180443	3
100 Backstroke	1:14.00	1:15.10	408	02/07/15	Watford Club Championships 2015	Watford	ER151200	4
200 Backstroke	2:34.96	2:37.10	452	04/10/13	Watford SC Club Champs Middle Distance	Watford	ER3900	4
200 Individual Medley	2:29.80	2:32.40	538	17/11/18	Watford November 2018 County Qualifier	Garston	ER181665	3
400 Individual Medley	5:32.66	5:37.90	471	22/04/12	Team Luton SC Short Course Open Meet	Watford	ER2091	3
100 Individual Medley	1:11.39	1:11.40	495	23/06/19	The Terry Davies Alternative Nationals	Woodside	ER190152	3