

# Individual Best Times (All Time)

Lilly Dempsey - (832794) - Hillingdon Swimming Club

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.33	30.70	427	27/01/19	2019 Middlesex County Championships	London	LR190268	1
100 Freestyle	1:14.82	1:13.70	330	16/07/17	Portsmouth Northsea End of Season Meet	Portsmouth	SE170212	3
200 Freestyle	2:41.14	2:39.00	343	15/07/17	Portsmouth Northsea End of Season Meet	Portsmouth	SE170212	3
50 Breaststroke	47.53	46.90	230	16/07/17	Portsmouth Northsea End of Season Meet	Portsmouth	SE170212	3
50 Butterfly	46.54	46.10	144	08/05/16	Portsmouth Northsea LC Sprint Meet 2016	Portsmouth	SE160454	3
50 Backstroke	41.38	40.90	273	15/07/17	Portsmouth Northsea End of Season Meet	Portsmouth	SE170212	3
100 Backstroke	1:25.82	1:24.90	298	16/07/17	Portsmouth Northsea End of Season Meet	Portsmouth	SE170212	3
200 Backstroke	3:01.28	2:59.40	313	15/07/17	Portsmouth Northsea End of Season Meet	Portsmouth	SE170212	3
200 Individual Medley	3:33.15	3:31.30	207	19/07/15	Wycombe District End of Season Meet	Wycombe	SE151150	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.85	31.50	410	15/12/18	Hillingdon Winter Meet 2018	Uxbridge	LR182147	3
100 Freestyle	1:06.36	1:07.60	434	16/12/18	Hillingdon Winter Meet 2018	Uxbridge	LR182147	3
200 Freestyle	2:27.80	2:30.10	415	15/12/18	Hillingdon Winter Meet 2018	Uxbridge	LR182147	3
400 Freestyle	5:10.55	5:15.00	413	16/12/18	Hillingdon Winter Meet 2018	Uxbridge	LR182147	3
800 Freestyle	10:54.51	11:03.30	388	21/01/18	MCASA 2018 County Age Group & Youth Championships	Southbury Road LC	LR180224	2
50 Breaststroke	41.34	42.10	323	18/03/18	Borough of Harrow Regional Qualifier Meet 2018	Borough of Harrow	LR180314	3
100 Breaststroke	1:32.16	1:33.50	309	15/12/18	Hillingdon Winter Meet 2018	Uxbridge	LR182147	3
200 Breaststroke	3:19.56	3:22.20	306	17/03/18	Borough of Harrow Regional Qualifier Meet 2018	Borough of Harrow	LR180314	3
50 Butterfly	37.58	38.10	273	17/03/18	Borough of Harrow Regional Qualifier Meet 2018	Borough of Harrow	LR180314	3
100 Butterfly	1:28.79	1:29.60	225	14/10/18	Hillingdon SC Main Club Champs 2018	Uxbridge	LR180405	4
200 Butterfly	3:52.44	3:53.80	136	10/07/16	RNSS House Club Champs	Northwood	LR161296	4
50 Backstroke	36.72	37.30	325	15/12/18	Hillingdon Winter Meet 2018	Uxbridge	LR182147	3
100 Backstroke	1:21.45	1:22.40	306	03/02/18	MCASA 2018 County Age Group & Youth Championships	Southbury Road LC	LR180225	2
200 Backstroke	2:57.86	2:59.70	299	25/11/17	COSC L3 Meet	Oxford	SE172255	3
200 Individual Medley	2:52.47	2:54.70	352	16/12/18	Hillingdon Winter Meet 2018	Uxbridge	LR182147	3
400 Individual Medley	7:10.47	7:14.50	217	15/05/16	RNSS House Club Champs	Northwood	LR161294	4
100 Individual Medley	1:34.58	1:34.60	213	18/06/16	BHSC End of Season Open Meet 2016	Hendon	LR161077	3