

Individual Best Times (All Time)

Lucy Handford - (850856) - Leyland Barracudas Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.50	28.80	512	08/02/20	Lancashire County Age Groups & County Champs	Manchester	NW200181	1
100 Freestyle	1:03.30	1:02.00	545	07/05/16	Manchester Open Meet 2016	Manchester	NW160171	1
200 Freestyle	2:16.47	2:13.90	565	22/03/15	Lancashire County Age Groups & Championships	Manchester	CC150113	1
400 Freestyle	4:49.32	4:44.40	538	29/04/18	2018 SENW Summer Championships	Manchester	NW180832	1
800 Freestyle	9:57.64	9:47.90	533	23/05/15	ASA 2015 North West Regional Championships	Liverpool	NW150542	1
50 Breaststroke	40.48	39.70	373	21/12/14	CO Manchester Aquatics Manchester Snow'pen	Manchester	NW4452	1
100 Breaststroke	1:24.78	1:23.30	432	31/01/16	Lancashire County WPSA Age Group & Championships	Manchester	NW160230	1
200 Breaststroke	3:15.73	3:13.00	347	03/08/14	Swim Wales Summer Nationals 2014	Swansea	WAL585	1
50 Butterfly	30.64	30.00	506	31/07/17	Swim Wales Summer Nationals	Swansea	WL170074	1
100 Butterfly	1:10.47	1:09.40	487	04/02/17	Lancashire County Championships	Manchester	NW170200	1
50 Backstroke	33.31	32.70	524	01/08/17	Swim Wales Summer Nationals	Swansea	WL170074	1
100 Backstroke	1:11.78	1:10.70	509	14/05/17	Manchester Open Meet 2017	Manchester	NW170107	1
200 Backstroke	2:38.76	2:36.60	466	23/01/16	Lancashire County WPSA Age Group & Championships	Manchester	NW160229	1
200 Individual Medley	2:37.43	2:34.90	514	23/01/16	Lancashire County WPSA Age Group & Championships	Manchester	NW160229	1
400 Individual Medley	5:51.69	5:46.70	432	01/03/15	Lancashire County Age Groups & Championships	Liverpool	CC150112	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.60	29.30	515	28/11/15	Leyland Barracudas ASC Gala 2015	Leyland	NW151824	4
100 Freestyle	1:00.32	1:01.70	578	28/11/15	Leyland Barracudas ASC Gala 2015	Leyland	NW151824	4
200 Freestyle	2:10.55	2:13.20	603	04/10/15	North Lancashire Level 2 Meet	Blackpool	NW151378	2
400 Freestyle	4:41.23	4:46.20	556	27/09/15	North Lancashire Level 2 Meet	Blackpool	NW151377	2
800 Freestyle	9:52.30	10:02.00	523	03/10/15	North Lancashire Level 2 Meet	Blackpool	NW151378	2
50 Breaststroke	38.53	39.30	399	26/09/15	North Lancashire Level 2 Meet	Blackpool	NW151377	2
100 Breaststroke	1:23.71	1:25.20	413	27/09/15	North Lancashire Level 2 Meet	Blackpool	NW151377	2
200 Breaststroke	2:58.46	3:01.40	428	04/10/15	North Lancashire Level 2 Meet	Blackpool	NW151378	2
50 Butterfly	30.68	31.30	501	15/10/16	North Lancs Level 2 Age Groups & Champs	Blackpool	NW161715	2
100 Butterfly	1:10.11	1:11.20	458	26/11/16	Leyland Barracudas Club Championships	Leyland	NW162247	4
200 Butterfly	2:42.41	2:44.30	399	11/06/16	Leyland Barracudas Distance Gala	Leyland	NW161126	4
50 Backstroke	32.29	32.90	478	25/11/17	Leyland Barracudas Club Championships 2017	Leyland	NW172450	4
100 Backstroke	1:09.92	1:11.10	483	01/10/17	North Lancashire L2 Age Group Champs 2017	Blackpool	NW171572	2
200 Backstroke	2:28.11	2:30.30	517	06/05/17	Leyland Barracudas Distance Gala 2017	Leyland	NW170820	4
200 Individual Medley	2:33.86	2:36.40	496	01/10/16	North Lancs L2 Age Groups & Champs	Blackpool	NW161714	2
400 Individual Medley	5:18.66	5:24.10	536	07/05/17	Leyland Barracudas Distance Gala 2017	Leyland	NW170820	4
100 Individual Medley	1:14.27	1:14.30	440	03/04/16	Leyland Barracudas Senior Sprint Gala 2016	Leyland	NW160553	4