

Individual Best Times (All Time)

Lillia Thompson - (891631) - Flitwick Dolphins SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.98	29.30	488	29/01/17	Bedfordshire ASA 2017 Age Group & County Champs	Luton	ER170118	1
100 Freestyle	1:05.98	1:04.70	481	28/01/18	Bedfordshire 2018 Age Group & County Champs	Luton	ER180274	1
200 Freestyle	2:32.71	2:30.40	403	03/02/18	Bedfordshire 2018 Age Group & County Champs	Luton	ER180275	1
50 Breaststroke	41.09	40.30	357	01/02/20	Bedfordshire ASA 2020 Age Group and County Champs	Luton	ER200220	1
100 Breaststroke	1:33.54	1:32.20	322	27/01/19	Bedfordshire ASA 2019 Age Group and County Champs	Luton	ER190245	1
50 Butterfly	31.61	31.00	461	02/02/19	Bedfordshire ASA 2019 Age Group and County Champs	Luton	ER190246	1
100 Butterfly	1:14.06	1:13.00	420	26/01/19	Bedfordshire ASA 2019 Age Group and County Champs	Luton	ER190245	1
50 Backstroke	34.59	34.00	468	02/02/20	Bedfordshire ASA 2020 Age Group and County Champs	Luton	ER200220	1
100 Backstroke	1:15.52	1:14.40	437	25/01/20	Bedfordshire ASA 2020 Age Group and County Champs	Luton	ER200218	1
200 Backstroke	3:03.20	3:01.40	303	04/02/18	Bedfordshire 2018 Age Group & County Champs	Luton	ER180275	1
200 Individual Medley	2:48.81	2:46.50	417	25/01/20	Bedfordshire ASA 2020 Age Group and County Champs	Luton	ER200218	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.70	30.40	460	12/03/17	Mid Beds Swim Squad L2 Open Meet 2017	Biggleswade	ER170456	2
100 Freestyle	1:04.24	1:05.50	478	11/03/17	Mid Beds Swim Squad L2 Open Meet 2017	Biggleswade	ER170456	2
200 Freestyle	2:22.44	2:24.90	464	20/10/19	Flitwick Open 2019	Biggleswade	ER192117	3
400 Freestyle	5:16.17	5:20.60	391	24/06/17	Biggleswade 18th Open Meet	Biggleswade	ER171068	3
800 Freestyle	14:23.87	14:30.60	168	14/11/14	Flitwick Dolphins Club Championships	Biggleswade	ER4800	4
50 Breaststroke	40.25	41.00	350	23/09/18	Flitwick Dolphins Club Championships 2018	Flitwick	ER181500	4
100 Breaststroke	1:26.31	1:27.80	377	11/03/18	Central Beds Swim Squad L2 Open Meet 2018	Biggleswade	ER180359	2
200 Breaststroke	3:16.50	3:19.20	321	16/12/18	2nd Christmas Cracker Meet	Biggleswade	ER181603	3
50 Butterfly	31.98	32.60	443	02/11/19	Swim England East Region Short Course Champs 2019	Basildon	ER192086	2
100 Butterfly	1:12.12	1:13.20	420	16/12/18	2nd Christmas Cracker Meet	Biggleswade	ER181603	3
200 Butterfly	3:09.94	3:11.60	249	22/09/19	Flitwick Dolphins SC Club Championships 2019	Flitwick	ER191836	4
50 Backstroke	33.65	34.20	422	19/10/19	Flitwick Open 2019	Biggleswade	ER192117	3
100 Backstroke	1:13.89	1:15.00	409	19/10/19	Flitwick Open 2019	Biggleswade	ER192117	3
200 Backstroke	2:45.14	2:47.10	373	24/06/18	The Terry Davies Alternative Nationals	Woodside LC	ER180890	3
200 Individual Medley	2:42.67	2:45.10	420	09/03/19	Central Beds Swim Squad Level 2 Open Meet 2019	Biggleswade	ER190277	2
400 Individual Medley	5:59.09	6:04.00	374	14/09/18	Flitwick Dolphins Club Championships 2018	Bedford	ER181499	4
100 Individual Medley	1:12.49	1:12.50	473	20/10/19	Flitwick Open 2019	Biggleswade	ER192117	3