

# Individual Best Times (All Time)

Lucy Forester - (943475) - Alnwick Dolphin SC

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	43.75	44.20	143	01/06/14	Blyth Summer Sprints Meet 2014	Blyth	NE4761	4
200 Freestyle	4:24.90	4:26.20	72	09/02/13	Alnwick Dolphins Time Trials 2013	Alnwick	NE3028	4
50 Breaststroke	54.58	55.20	140	19/01/14	Newburn New Year Graded Meet	Stanley	NE4304	3
200 Breaststroke	4:25.88	4:27.90	129	15/06/13	Alnwick Dolphins Time Trials & Club Champs	Alnwick	NE3517	4
50 Butterfly	53.69	54.00	93	19/01/14	Newburn New Year Graded Meet	Stanley	NE4304	3
50 Backstroke	47.35	47.80	151	01/06/14	Blyth Summer Sprints Meet 2014	Blyth	NE4761	4
100 Individual Medley	1:53.91	1:53.90	122	10/05/14	Tynemouth ASC Open Sprints & Teams	Tynemouth	NE4312	3