

Individual Best Times (All Time)

Lydia Westbury - (399988) - Carnforth & Dist Otters - 200 Backstroke - Long Course

Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
3:12.41	262	H	21/03/09	Lancashire County Champs	Manchester	Carnforth	2

Swims in Date Order

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