

# Individual Best Times (All Time)

Lucy Howes - (485160) - Folkestone SC - 200 Butterfly - Long Course

## Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
2:54.04	342		04/12/11	South East Region Open & Junior Champs	Aldershot	Folkestone	1

## Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
2:54.04	342		04/12/11	South East Region Open & Junior Champs	Aldershot	Folkestone	1