

# Individual Best Times (All Time)

Lucy Howes - (485160) - Folkestone SC - 100 Butterfly - Short Course

Performance Graph

Drag to Zoom, right click to reset.

## Swims in Time Order

| Time    | WA Pts | Round | Date     | Meet                                       | Venue      | Club Swam Under | Level |
|---------|--------|-------|----------|--|------------|-----------------|-------|
| 1:09.27 | 475    | H     | 22/02/14 | BG Kent ASA Swimming Championships         | Gillingham | Folkestone      | 2     |
| 1:09.40 | 472    | H     | 01/03/15 | 2015 Kent County Swimming Championships    | Gillingham |                 | 2     |
| 1:09.44 | 471    | H     | 09/11/15 | Folkestone Club Championships              | Folkestone | Folkestone      | 4     |
| 1:09.54 | 469    | F     | 05/07/14 | Herne Bay Summer Gala                      | Canterbury |                 | 3     |
| 1:10.18 | 456    | F     | 11/10/14 | National Swimming Arena South 2014 R 1     | Canterbury | Shepway SC      | 3     |
| 1:11.29 | 435    | F     | 08/01/12 | Icebreaker 2012                            | Canterbury | Folkestone      | 3     |
| 1:11.30 | 435    | F     | 08/11/14 | NASL2014 Round 2                           | Gillingham | Shepway SC      | 4     |
| 1:12.11 | 421    | H     | 08/01/12 | Icebreaker 2012                            | Canterbury | Folkestone      | 3     |
| 1:12.11 | 421    | H     | 30/06/14 | Folkestone Club Championships              | Folkestone | Folkestone      | 4     |
| 1:12.45 | 415    | H     | 29/10/11 | Gravesend & Northfleet Open Meet           | Gillingham | Folkestone      | 3     |
| 1:12.52 | 414    | F     | 18/03/12 | Sussex County Championships                | Crawley    | Folkestone      | 2     |
| 1:12.55 | 413    |       | 30/04/11 | Rugby SC Open Meet 2011                    | Rugby      | Folkestone      | 3     |
| 1:12.77 | 409    | F     | 06/07/13 | Herne Bay LSC Annual Summer Gala           | Kingsmead  | Folkestone      | 3     |
| 1:12.89 | 407    | F     | 09/07/16 | Terry Fitzgerald Memorial Open Meet 2016   | Hastings   |                 | 3     |
| 1:12.92 | 407    | H     | 02/10/11 | East Invicta Championships                 | Canterbury | Folkestone      | 2     |
| 1:12.97 | 406    | F     | 02/10/11 | East Invicta Championships                 | Canterbury | Folkestone      | 2     |
| 1:12.99 | 406    | H     | 23/02/13 | Kent County Championships                  | Gillingham | Folkestone      | 2     |
| 1:13.11 | 404    | H     | 08/10/11 | White Oak Level 3 Meet                     | Gillingham | Folkestone      | 3     |
| 1:13.30 | 400    | H     | 18/03/12 | Sussex County Championships                | Crawley    | Folkestone      | 2     |
| 1:13.81 | 392    | H     | 20/03/11 | Sussex County Championships                | Crawley    | Folkestone      | 2     |
| 1:13.83 | 392    | H     | 22/10/11 | 1066 Swimmers Club Championships           | Hastings   | Folkestone      | 4     |
| 1:14.65 | 379    | H     | 13/01/13 | Dover LG & City of Canterbury Icebreaker   | Canterbury | Folkestone      | 2     |
| 1:15.08 | 373    | F     | 20/03/11 | Sussex County Championships                | Crawley    | Folkestone      | 2     |
| 1:15.60 | 365    | F     | 13/01/13 | Dover LG & City of Canterbury Icebreaker   | Canterbury | Folkestone      | 2     |
| 1:15.61 | 365    | H     | 09/01/11 | Co Canterbury & Dover Icebreaker Open Meet | Canterbury | Folkestone      | 3     |
| 1:15.68 | 364    | F     | 09/01/11 | Co Canterbury & Dover Icebreaker Open Meet | Canterbury | Folkestone      | 3     |
| 1:16.04 | 354    | H     | 14/11/10 | Sussex Development Meet                    | Brighton   | Folkestone      | 4     |

|         |     |   |          |                                    |            |            |   |
|---------|-----|---|----------|------------------------------------|------------|------------|---|
| 1:16.34 | 334 | H | 14/11/10 | Sussex Development Meet            | Brighton   | Folkestone |   |
| 1:16.62 | 351 |   | 06/11/10 | Dartford District Open Meet        | Gillingham | Folkestone | 4 |
| 1:16.68 | 350 |   | 25/11/12 | Maidstone Level 3 Open Meet        | Maidstone  | Folkestone | 3 |
| 1:18.17 | 330 | H | 15/01/11 | Brighton Tom Handley Memorial Meet | Brighton   | Folkestone | 2 |
| 1:21.62 | 290 |   | 26/09/10 | Littlehampton Develop Meet         | Feltham    | Folkestone | 3 |
| 1:21.70 | 289 | H | 23/05/10 | Black Lion Spring Open Meet        | Gillingham | Folkestone | 2 |
| 1:24.90 | 258 | F | 02/05/10 | Atlantis Spring Open Meet          | Horsham    | Folkestone | 3 |
| 1:33.00 | 196 | H | 15/11/09 | Sussex Development Meet            | Brighton   | Folkestone | 3 |
| 1:37.63 | 169 | H | 11/01/09 | Icebreaker Meet                    | Canterbury | Folkestone | 1 |

## Swims in Date Order

| Time    | WA Pts | Round | Date     | Meet                                       | Venue      | Club Swam Under | Level |
|---------|--------|-------|----------|--|------------|-----------------|-------|
| 1:12.89 | 407    | F     | 09/07/16 | Terry Fitzgerald Memorial Open Meet 2016   | Hastings   |                 | 3     |
| 1:09.44 | 471    | H     | 09/11/15 | Folkestone Club Championships              | Folkestone | Folkestone      | 4     |
| 1:09.40 | 472    | H     | 01/03/15 | 2015 Kent County Swimming Championships    | Gillingham |                 | 2     |
| 1:11.30 | 435    | F     | 08/11/14 | NASL2014 Round 2                           | Gillingham | Shepway SC      | 4     |
| 1:10.18 | 456    | F     | 11/10/14 | National Swimming Arena South 2014 R 1     | Canterbury | Shepway SC      | 3     |
| 1:09.54 | 469    | F     | 05/07/14 | Herne Bay Summer Gala                      | Canterbury |                 | 3     |
| 1:12.11 | 421    | H     | 30/06/14 | Folkestone Club Championships              | Folkestone | Folkestone      | 4     |
| 1:09.27 | 475    | H     | 22/02/14 | BG Kent ASA Swimming Championships         | Gillingham | Folkestone      | 2     |
| 1:12.77 | 409    | F     | 06/07/13 | Herne Bay LSC Annual Summer Gala           | Kingsmead  | Folkestone      | 3     |
| 1:12.99 | 406    | H     | 23/02/13 | Kent County Championships                  | Gillingham | Folkestone      | 2     |
| 1:15.60 | 365    | F     | 13/01/13 | Dover LG & City of Canterbury Icebreaker   | Canterbury | Folkestone      | 2     |
| 1:14.65 | 379    | H     | 13/01/13 | Dover LG & City of Canterbury Icebreaker   | Canterbury | Folkestone      | 2     |
| 1:16.68 | 350    |       | 25/11/12 | Maidstone Level 3 Open Meet                | Maidstone  | Folkestone      | 3     |
| 1:12.52 | 414    | F     | 18/03/12 | Sussex County Championships                | Crawley    | Folkestone      | 2     |
| 1:13.30 | 400    | H     | 18/03/12 | Sussex County Championships                | Crawley    | Folkestone      | 2     |
| 1:11.29 | 435    | F     | 08/01/12 | Icebreaker 2012                            | Canterbury | Folkestone      | 3     |
| 1:12.11 | 421    | H     | 08/01/12 | Icebreaker 2012                            | Canterbury | Folkestone      | 3     |
| 1:12.45 | 415    | H     | 29/10/11 | Gravesend & Northfleet Open Meet           | Gillingham | Folkestone      | 3     |
| 1:13.83 | 392    | H     | 22/10/11 | 1066 Swimmers Club Championships           | Hastings   | Folkestone      | 4     |
| 1:13.11 | 404    | H     | 08/10/11 | White Oak Level 3 Meet                     | Gillingham | Folkestone      | 3     |
| 1:12.97 | 406    | F     | 02/10/11 | East Invicta Championships                 | Canterbury | Folkestone      | 2     |
| 1:12.92 | 407    | H     | 02/10/11 | East Invicta Championships                 | Canterbury | Folkestone      | 2     |
| 1:12.55 | 413    |       | 30/04/11 | Rugby SC Open Meet 2011                    | Rugby      | Folkestone      | 3     |
| 1:15.08 | 373    | F     | 20/03/11 | Sussex County Championships                | Crawley    | Folkestone      | 2     |
| 1:13.81 | 392    | H     | 20/03/11 | Sussex County Championships                | Crawley    | Folkestone      | 2     |
| 1:18.17 | 330    | H     | 15/01/11 | Brighton Tom Handley Memorial Meet         | Brighton   | Folkestone      | 2     |
| 1:15.68 | 364    | F     | 09/01/11 | Co Canterbury & Dover Icebreaker Open Meet | Canterbury | Folkestone      | 3     |
| 1:15.61 | 365    | H     | 09/01/11 | Co Canterbury & Dover Icebreaker Open Meet | Canterbury | Folkestone      | 3     |
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| 1:16.62 | 351    |       | 06/11/10 | Dartford District Open Meet                | Gillingham | Folkestone      | 4     |
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| 1:24.90 | 258    | F     | 02/05/10 | Atlantis Spring Open Meet                  | Horsham    | Folkestone      | 3     |
| 1:33.00 | 196    | H     | 15/11/09 | Sussex Development Meet                    | Brighton   | Folkestone      | 3     |
| 1:37.63 | 169    | H     | 11/01/09 | Icebreaker Meet                            | Canterbury | Folkestone      | 1     |