

# Individual Best Times (All Time)

Lucy Howes - (485160) - Folkestone SC - 100 Backstroke - 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
1:09.44	493	F	26/10/14	East Invicta Annual Championships	Canterbury		3
1:09.67	489	F	11/01/15	Dover LG Club & City of Canterbury Icebreaker	Canterbury		3
1:09.75	487	H	16/11/15	Folkestone Sports Centre Club Championships	Folkestone	Folkestone	4
1:09.82	485	H	01/03/14	BG Kent ASA Swimming Championships	Gillingham	Folkestone	2
1:09.92	483	F	05/07/14	Herne Bay Summer Gala	Canterbury		3
1:10.23	477	F	16/10/11	East Invicta Championships 2011	Canterbury	Folkestone	2
1:10.45	472	H	05/07/14	Herne Bay Summer Gala	Canterbury		3
1:10.61	469	H	11/01/15	Dover LG Club & City of Canterbury Icebreaker	Canterbury		3
1:10.65	468	H	26/10/14	East Invicta Annual Championships	Canterbury		3
1:10.85	465	F	26/02/12	Sussex County Championships	Crawley	Folkestone	2
1:11.03	461		15/04/12	Rugby SC Open Meet	Rugby	Folkestone	3
1:11.07	460	F	06/07/13	Herne Bay LSC Annual Summer Gala	Kingsmead	Folkestone	3
1:11.41	454	H	18/10/15	East Invicta Annual Championships	Canterbury		2
1:11.48	452	H	26/02/12	Sussex County Championships	Crawley	Folkestone	2
1:11.50	452		01/05/11	Rugby SC Open Meet 2011	Rugby	Folkestone	3
1:12.19	439	F	04/02/12	Sussex Schools Swimming Assoc Champs	Crawley	Folkestone	2
1:12.42	435	H	29/10/11	Gravesend & Northfleet Open Meet	Gillingham	Folkestone	3
1:12.45	434	H	06/07/13	Herne Bay LSC Annual Summer Gala	Kingsmead	Folkestone	3
1:12.47	434	H	16/10/11	East Invicta Championships 2011	Canterbury	Folkestone	2
1:12.73	429	F	08/01/12	Icebreaker 2012	Canterbury	Folkestone	3
1:12.79	428		25/09/11	Littlehampton SC Development Chaser	Felpham	Folkestone	3
1:12.80	428	H	08/10/11	White Oak Level 3 Meet	Gillingham	Folkestone	3
1:12.93	426		10/02/13	Rugby Open Meet 2013	Rugby	Folkestone	3
1:12.93	426	H	04/07/14	Folkestone Club Championships	Folkestone	Folkestone	4
1:13.01	424	H	08/01/12	Icebreaker 2012	Canterbury	Folkestone	3
1:15.13	389	H	24/10/10	East Invicta 2010 Champs	Canterbury	Folkestone	2
1:15.16	388	H	11/01/15	Dover LG Club & City of Canterbury Icebreaker	Canterbury	Folkestone	3

1:15.16	369	F	13/01/13	Dover LG & City of Canterbury Icebreaker	Canterbury	Folkestone	
1:15.25	388	F	11/11/17	NASLS - ROUND TWO	BRIGHTON	Shepway SC	3
1:15.31	387		06/11/10	Dartford District Open Meet	Gillingham	Folkestone	4
1:15.35	386	F	08/12/18	National Arena Swimming League South R3 2018	Crawley	Shepway SC	3
1:15.36	386		25/11/12	Maidstone Level 3 Open Meet	Maidstone	Folkestone	3
1:15.79	379	H	20/02/11	Sussex County Championships	Crawley	Folkestone	2
1:16.25	373	H	09/01/11	Co Canterbury & Dover Icebreaker Open Meet	Canterbury	Folkestone	3
1:16.35	371	F	24/10/10	East Invicta 2010 Champs	Canterbury	Folkestone	2
1:17.23	359	H	15/01/11	Brighton Tom Handley Memorial Meet	Brighton	Folkestone	2
1:17.48	355		28/11/10	Maidstone Open Meet	Maidstone	Folkestone	3
1:17.66	353	F	09/01/11	Co Canterbury & Dover Icebreaker Open Meet	Canterbury	Folkestone	3
1:17.78	351	H	28/10/12	East Invicta ASA Annual Championships	Canterbury	Folkestone	3
1:21.09	310	H	15/11/09	Sussex Development Meet	Brighton	Folkestone	3
1:21.47	305	F	13/01/13	Dover LG & City of Canterbury Icebreaker	Canterbury	Folkestone	2
1:21.52	305	H	14/03/10	Sussex County Champs	Crawley	Folkestone	2
1:21.59	304	F	27/03/10	Sussex Schools Champs	Brighton	Folkestone	2
1:22.05	299	H	18/04/10	Orpington Ojays Open Meet	Gillingham	Folkestone	2
1:22.30	296	H	18/10/09	East Invicta 2009 Champs	Canterbury	Folkestone	2
1:22.84	290	H	22/05/10	Black Lion Spring Open Meet	Gillingham	Folkestone	2
1:22.97	289	H	11/01/10	Ice Breaker 2010	Canterbury	Folkestone	2
1:23.74	281	F	02/05/10	Atlantis Spring Open Meet	Horsham	Folkestone	3
1:25.21	267		27/09/09	Littlehampton Open Meet	Bognor Regis	Folkestone	2
1:26.22	258		23/05/09	Black Lion Spring Meet	Gillingham	Folkestone	2
1:27.37	247	H	04/10/09	Cranleigh Open Meet	Horsham	Folkestone	3
1:27.70	245	H	11/01/09	Icebreaker Meet	Canterbury	Folkestone	1

## Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
1:15.35	386	F	08/12/18	National Arena Swimming League South R3 2018	Crawley	Shepway SC	3
1:15.25	388	F	11/11/17	NASLS - ROUND TWO	BRIGHTON	Shepway SC	3
1:09.75	487	H	16/11/15	Folkestone Sports Centre Club Championships	Folkestone	Folkestone	4
1:11.41	454	H	18/10/15	East Invicta Annual Championships	Canterbury		2
1:09.67	489	F	11/01/15	Dover LG Club & City of Canterbury Icebreaker	Canterbury		3
1:10.61	469	H	11/01/15	Dover LG Club & City of Canterbury Icebreaker	Canterbury		3
1:09.44	493	F	26/10/14	East Invicta Annual Championships	Canterbury		3
1:10.65	468	H	26/10/14	East Invicta Annual Championships	Canterbury		3
1:09.92	483	F	05/07/14	Herne Bay Summer Gala	Canterbury		3
1:10.45	472	H	05/07/14	Herne Bay Summer Gala	Canterbury		3
1:12.93	426	H	04/07/14	Folkestone Club Championships	Folkestone	Folkestone	4
1:09.82	485	H	01/03/14	BG Kent ASA Swimming Championships	Gillingham	Folkestone	2
1:11.07	460	F	06/07/13	Herne Bay LSC Annual Summer Gala	Kingsmead	Folkestone	3
1:12.45	434	H	06/07/13	Herne Bay LSC Annual Summer Gala	Kingsmead	Folkestone	3
1:12.93	426		10/02/13	Rugby Open Meet 2013	Rugby	Folkestone	3
1:21.47	305	F	13/01/13	Dover LG & City of Canterbury Icebreaker	Canterbury	Folkestone	2
1:15.16	389	H	13/01/13	Dover LG & City of Canterbury Icebreaker	Canterbury	Folkestone	2
1:15.36	386		25/11/12	Maidstone Level 3 Open Meet	Maidstone	Folkestone	3
1:17.78	351	H	28/10/12	East Invicta ASA Annual Championships	Canterbury	Folkestone	3
1:11.03	461		15/04/12	Rugby SC Open Meet	Rugby	Folkestone	3
1:10.85	465	F	26/02/12	Sussex County Championships	Crawley	Folkestone	2
1:11.48	452	H	26/02/12	Sussex County Championships	Crawley	Folkestone	2
1:12.19	439	F	04/02/12	Sussex Schools Swimming Assoc Champs	Crawley	Folkestone	2
1:12.73	429	F	08/01/12	Icebreaker 2012	Canterbury	Folkestone	3
1:13.01	424	H	08/01/12	Icebreaker 2012	Canterbury	Folkestone	3

1:12.42	435	H	29/10/11	Gravesend & Northfleet Open Meet	Gillingham	Folkestone	3
1:10.23	477	F	16/10/11	East Invicta Championships 2011	Canterbury	Folkestone	2
1:12.47	434	H	16/10/11	East Invicta Championships 2011	Canterbury	Folkestone	2
1:12.80	428	H	08/10/11	White Oak Level 3 Meet	Gillingham	Folkestone	3
1:12.79	428		25/09/11	Littlehampton SC Development Chaser	Felpham	Folkestone	3
1:11.50	452		01/05/11	Rugby SC Open Meet 2011	Rugby	Folkestone	3
1:15.79	379	H	20/02/11	Sussex County Championships	Crawley	Folkestone	2
1:17.23	359	H	15/01/11	Brighton Tom Handley Memorial Meet	Brighton	Folkestone	2
1:17.66	353	F	09/01/11	Co Canterbury & Dover Icebreaker Open Meet	Canterbury	Folkestone	3
1:16.25	373	H	09/01/11	Co Canterbury & Dover Icebreaker Open Meet	Canterbury	Folkestone	3
1:17.48	355		28/11/10	Maidstone Open Meet	Maidstone	Folkestone	3
1:15.31	387		06/11/10	Dartford District Open Meet	Gillingham	Folkestone	4
1:16.35	371	F	24/10/10	East Invicta 2010 Champs	Canterbury	Folkestone	2
1:15.13	389	H	24/10/10	East Invicta 2010 Champs	Canterbury	Folkestone	2
1:22.84	290	H	22/05/10	Black Lion Spring Open Meet	Gillingham	Folkestone	2
1:23.74	281	F	02/05/10	Atlantis Spring Open Meet	Horsham	Folkestone	3
1:22.05	299	H	18/04/10	Orpington Ojays Open Meet	Gillingham	Folkestone	2
1:21.59	304	F	27/03/10	Sussex Schools Champs	Brighton	Folkestone	2
1:21.52	305	H	14/03/10	Sussex County Champs	Crawley	Folkestone	2
1:22.97	289	H	11/01/10	Ice Breaker 2010	Canterbury	Folkestone	2
1:21.09	310	H	15/11/09	Sussex Development Meet	Brighton	Folkestone	3
1:22.30	296	H	18/10/09	East Invicta 2009 Champs	Canterbury	Folkestone	2
1:27.37	247	H	04/10/09	Cranleigh Open Meet	Horsham	Folkestone	3
1:25.21	267		27/09/09	Littlehampton Open Meet	Bognor Regis	Folkestone	2
1:26.22	258		23/05/09	Black Lion Spring Meet	Gillingham	Folkestone	2
1:27.70	245	H	11/01/09	Icebreaker Meet	Canterbury	Folkestone	1