

# Individual Best Times (All Time)

Lucy Howes - (485160) - Folkestone SC - 100 Breaststroke - 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
1:13.12	620	F	21/02/15	2015 Kent County Swimming Championships	Gillingham	Shepway SC	2
1:14.43	588	H	21/02/15	2015 Kent County Swimming Championships	Gillingham	Shepway SC	2
1:14.56	585	F	08/11/14	NASL2014 Round 2	Gillingham	Shepway SC	4
1:14.83	578	F	02/03/14	BG Kent ASA Swimming Championships	Gillingham	Folkestone	2
1:15.24	569		27/04/14	Rugby Open Meet 2014	Rugby	Folkestone	3
1:15.47	564	H	02/03/14	BG Kent ASA Swimming Championships	Gillingham	Folkestone	2
1:15.48	563	H	07/11/15	ASA South East Region Winter Championships 2015	Portsmouth		2
1:15.50	563	F	11/10/14	National Swimming Arena South 2014 R 1	Canterbury	Shepway SC	3
1:15.76	557	H	05/07/14	Herne Bay Summer Gala	Canterbury		3
1:15.80	556	H	26/04/15	Rugby Open Meet 2015	Rugby		3
1:15.90	554	F	13/12/14	NASLS2014 Round Three	Bexleyheath	Shepway SC	3
1:16.14	549	F	25/10/14	East Invicta Annual Championships	Canterbury		3
1:16.15	549	F	01/12/13	Atlantis Christmas Cracker Open Meet	Horsham	Folkestone	3
1:16.61	539	F	11/01/14	Dover Lifeguard & Canterbury Icebreaker Meet	Canterbury	Folkestone	3
1:16.69	537	H	11/01/14	Dover Lifeguard & Canterbury Icebreaker Meet	Canterbury	Folkestone	3
1:16.70	537	F	17/10/15	East Invicta Annual Championships	Canterbury		2
1:16.91	533	F	25/02/12	Sussex County Championships	Crawley	Folkestone	2
1:17.11	528	H	25/10/14	East Invicta Annual Championships	Canterbury	Shepway SC	3
1:17.31	524	H	17/10/15	East Invicta Annual Championships	Canterbury		2
1:17.35	524	F	15/10/16	East Invicta Championships	Canterbury	Shepway SC	3
1:17.78	515	H	02/11/15	Folkestone Sports Centre Club Championships	Folkestone	Folkestone	4
1:17.85	513	F	04/02/12	Sussex Schools Swimming Assoc Champs	Crawley	Folkestone	2
1:18.09	509	H	23/06/14	Folkestone Sports Centre Club Championships	Folkestone	Folkestone	4
1:18.10	509	H	19/10/13	East Invicta ASA Annual Championships	Canterbury	Folkestone	3
1:18.18	507	F	19/10/13	East Invicta ASA Annual Championships	Canterbury	Folkestone	3
1:18.26	505	F	07/01/12	Icebreaker 2012	Canterbury	Folkestone	3
1:18.28	505	H	25/02/12	Sussex County Championships	Crawley	Folkestone	2

1:18.50	500	H	23/02/12	Sussex County Championships	Crawley	Folkestone	
1:18.71	497	H	15/10/16	East Invicta Championships	Canterbury	Shepway SC	3
1:18.73	496		15/04/12	Rugby SC Open Meet	Rugby	Folkestone	3
1:19.07	490		10/02/13	Rugby Open Meet 2013	Rugby	Folkestone	3
1:19.19	488	F	12/11/16	NASLS Round 2	Bexleyheath	Shepway SC	3
1:19.22	487	F	06/07/13	Herne Bay LSC Annual Summer Gala	Kingsmead	Folkestone	3
1:19.31	486	F	07/10/17	East Invicta Association Championships 2017	Canterbury	Shepway SC	3
1:19.34	485	H	07/10/17	East Invicta Association Championships 2017	Canterbury	Shepway SC	3
1:19.37	485	F	14/10/17	NASLS - Round One	Bexleyheath	Shepway SC	3
1:19.46	483	F	08/10/16	NASL South	Beckenham	Shepway SC	3
1:19.62	480	H	14/04/12	City of Stoke upon Trent YK2 Meet	Stoke	Folkestone	3
1:19.72	478	F	10/12/16	NASLS - Round 3	Dover	Shepway SC	3
1:20.06	472	F	25/03/12	Atlantis Regional-National Chaser Open	Horsham	Folkestone	2
1:20.66	462	F	15/10/11	East Invicta Championships 2011	Canterbury	Folkestone	2
1:21.07	455	F	11/11/17	NASLS - ROUND TWO	BRIGHTON	Shepway SC	3
1:21.25	452	H	06/11/11	Dartford District Centenary Level 4 Meet	Gillingham	Folkestone	4
1:21.33	450	H	12/01/13	Dover LG & City of Canterbury Icebreaker	Canterbury	Folkestone	2
1:21.46	448	H	07/01/12	Icebreaker 2012	Canterbury	Folkestone	3
1:21.52	447		25/11/12	Maidstone Level 3 Open Meet	Maidstone	Folkestone	3
1:21.60	446	F	12/01/13	Dover LG & City of Canterbury Icebreaker	Canterbury	Folkestone	2
1:21.70	444	H	14/06/19	Folkestone Sports Centre Club Championships	Folkestone		4
1:21.93	440	F	27/10/12	East Invicta ASA Annual Championships	Canterbury	Folkestone	3
1:21.94	440		30/04/11	Rugby SC Open Meet 2011	Rugby	Folkestone	3
1:22.15	437	F	09/12/17	NASLS - Round Three	Horsham	Dover Life	3
1:22.73	428	H	29/10/11	Gravesend & Northfleet Open Meet	Gillingham	Folkestone	3
1:22.78	427	H	27/10/12	East Invicta ASA Annual Championships	Canterbury	Folkestone	3
1:22.86	426		25/09/11	Littlehampton SC Development Chaser	Felpham	Folkestone	3
1:23.28	419	F	13/10/18	NASL South Round One 2018	Eastbourne	Shepway SC	3
1:23.45	417	H	05/01/19	Dover and Canterbury SC (Jointly) Icebreaker 2019	Kent	Folkestone	3
1:23.55	415	H	19/11/11	1066 Swimmers Club Championships	Hastings	Folkestone	4
1:23.89	410	H	08/10/11	White Oak Level 3 Meet	Gillingham	Folkestone	3
1:24.28	405	H	05/05/18	Black Lion Level 3 Spring Open Meet	Medway Park LC	Folkestone	3
1:24.98	395	H	15/10/11	East Invicta Championships 2011	Canterbury	Folkestone	2
1:26.28	377	H	31/10/10	Sussex County Development	Brighton	Folkestone	4
1:29.22	341	H	08/01/11	Co Canterbury & Dover Icebreaker Open Meet	Canterbury	Folkestone	3
1:30.03	332	H	16/01/11	Brighton Tom Handley Memorial Meet	Brighton	Folkestone	2
1:30.56	326		28/11/10	Maidstone Open Meet	Maidstone	Folkestone	3
1:32.21	309	F	02/05/10	Atlantis Spring Open Meet	Horsham	Folkestone	3
1:33.51	296		07/11/09	Dartford District Open Mt	Gillingham	Folkestone	4
1:35.29	280	H	01/11/09	Sussex County Development	Brighton	Folkestone	3
1:35.64	277	H	18/04/10	Orpington Ojays Open Meet	Gillingham	Folkestone	2
1:36.73	267		26/09/10	Littlehampton Develop Meet	Feltham	Folkestone	3
1:36.98	265	H	09/01/10	Ice Breaker 2010	Canterbury	Folkestone	2
1:37.90	258		23/05/09	Black Lion Spring Meet	Gillingham	Folkestone	2
1:38.26	255	H	04/10/09	Cranleigh Open Meet	Horsham	Folkestone	3
1:39.12	249	H	17/10/09	East Invicta 2009 Champs	Canterbury	Folkestone	2
1:40.82	236		27/09/09	Littlehampton Open Meet	Bognor Regis	Folkestone	2

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1:23.28	419	F	13/10/18	NASL South Round One 2018	Eastbourne	Shepway SC	3
1:24.28	405	H	05/05/18	Black Lion Level 3 Spring Open Meet	Medway Park LC	Folkestone	3

1:24.20	400	M	09/09/16	Black Lion Level 3 Spring Open Meet	Shepway Park LC	Folkestone	3
1:22.15	437	F	09/12/17	NASLS - Round Three	Horsham	Dover Life	3
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