

Individual Best Times (All Time)

Lucy Ambrose - (556570) - Gainsborough Dolphins SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.96	29.30	489	17/05/15	Rotherham Metro Level One Long Course Meet	Sheffield	NE150169	1
100 Freestyle	1:03.83	1:02.50	531	11/04/15	Derventio Excel 9th Open Meet	Sheffield	EM150029	1
200 Freestyle	2:16.21	2:13.60	568	12/04/15	Derventio Excel 9th Open Meet	Sheffield	EM150029	1
400 Freestyle	4:48.96	4:44.10	540	08/06/14	Midland Age Group Championships 2014	Coventry	WMR414	1
800 Freestyle	10:26.79	10:17.50	462	14/12/12	Northampton SC Winter Festival Open Meet	Corby	EM2644	1
50 Breaststroke	43.78	43.10	295	18/05/13	Rotherham Metro Level 1 Open Meet	Sheffield	NE3049	1
100 Breaststroke	1:35.46	1:34.10	303	01/09/12	Worksop Dolphins SC Dukeries Open Meet	Sheffield	EM2255	3
50 Butterfly	30.16	29.50	531	08/02/15	Derventio Excel February Festival	Sheffield	EM150033	1
100 Butterfly	1:04.91	1:03.70	624	12/04/15	Derventio Excel 9th Open Meet	Sheffield	EM150029	1
200 Butterfly	2:23.57	2:21.40	610	01/08/14	BG ASA National Age Groups Champs 2014	Sheffield	ASA134	1
50 Backstroke	33.62	33.00	509	15/03/15	Edinburgh International 2015	Edinburgh	SCO954	1
100 Backstroke	1:14.13	1:13.00	462	13/03/16	Edinburgh International Meet	Edinburgh	SCO1099	1
200 Backstroke	2:36.59	2:34.40	486	05/04/14	Derventio Excel 8th LC Open Meet	Sheffield	EM4029	1
200 Individual Medley	2:36.69	2:34.20	521	07/02/15	Derventio Excel February Festival	Sheffield	EM150033	1
400 Individual Medley	5:32.56	5:27.20	510	25/01/14	Central Zonal Meet 2014	Corby	ZM4179	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.35	30.10	476	04/10/14	Derventio Excel Open Meet	Matlock	EM4931	2
100 Freestyle	1:01.73	1:03.10	539	01/03/15	Nottinghamshire County Championships	Nottingham	CC150385	2
200 Freestyle	2:10.53	2:13.20	603	14/02/15	Nottinghamshire County Championships	Nottingham	CC150384	2
400 Freestyle	4:35.49	4:40.50	591	01/03/15	Nottinghamshire County Championships	Nottingham	CC150385	2
800 Freestyle	9:56.51	10:06.10	512	09/03/13	Nottinghamshire County Championships	Worksop	CC3027	2
50 Breaststroke	40.86	41.60	334	09/10/13	Worksop Dolphins Club Championships	Worksop	EM3773	4
100 Breaststroke	1:27.41	1:28.80	363	29/09/13	Worksop Dolphins Club Championships	Worksop	EM3773	4
200 Breaststroke	3:03.06	3:05.90	397	02/10/13	Worksop Dolphins Club Championships	Worksop	EM3773	4
50 Butterfly	29.97	30.60	538	28/02/15	Nottinghamshire County Championships	Nottingham	CC150385	2
100 Butterfly	1:04.21	1:05.40	596	14/02/15	Nottinghamshire County Championships	Nottingham	CC150384	2
200 Butterfly	2:20.53	2:22.80	616	01/03/15	Nottinghamshire County Championships	Nottingham	CC150385	2
50 Backstroke	32.40	33.00	473	01/03/15	Nottinghamshire County Championships	Nottingham	CC150385	2
100 Backstroke	1:09.54	1:10.70	491	28/02/15	Nottinghamshire County Championships	Nottingham	CC150385	2
200 Backstroke	2:28.29	2:30.50	515	28/02/15	Nottinghamshire County Championships	Nottingham	CC150385	2
200 Individual Medley	2:31.21	2:33.80	523	06/12/14	Midland Short Course Championships	Rugby	WM14348	2
400 Individual Medley	5:16.91	5:22.40	545	15/02/15	Nottinghamshire County Championships	Nottingham	CC150384	2
100 Individual Medley	1:10.88	1:10.90	506	14/02/15	Nottinghamshire County Championships	Nottingham	CC150384	2