

Individual Best Times (All Time)

Finley Spooner - (1320203) - Cheadle (Staffs) & District

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.51	28.80	355	20/01/24	Staffordshire ASA County Championships 2024	Sandwell	WM240059	1
100 Freestyle	1:05.54	1:04.30	365	07/05/23	West Midland Regional Summer Championships 2023	Coventry	WM230352	1
200 Freestyle	2:24.34	2:21.90	352	29/04/23	West Midland Regional Summer Championships 2023	Coventry	WM230351	1
400 Freestyle	7:52.73	7:49.70	100	24/11/19	City of Coventry Winter Open Meet	Coventry	WM192140	3
50 Breaststroke	36.35	35.50	363	20/01/24	Staffordshire ASA County Championships 2024	Sandwell	WM240059	1
100 Breaststroke	1:22.57	1:21.00	326	10/03/24	City of Sheffield SS Premier Open Meet 2024	Sheffield	NE240033	1
200 Breaststroke	3:01.28	2:58.30	331	17/03/24	Derby Excel Spring Qualifier 2024	Sheffield	EM240136	1
50 Butterfly	31.26	30.60	361	21/01/24	Staffordshire ASA County Championships 2024	Sandwell	WM240059	1
100 Butterfly	1:06.63	1:05.50	408	12/05/24	ARENA Manchester Open Meet 2024	Manchester	NW240840	1
200 Butterfly	3:04.86	3:03.10	212	08/05/23	West Midland Regional Summer Championships 2023	Coventry	WM230352	1
50 Backstroke	32.99	32.40	363	21/01/24	Staffordshire ASA County Championships 2024	Sandwell	WM240059	1
100 Backstroke	1:10.00	1:08.80	400	04/05/24	SE West Midland Summer Championships 2024	Birmingham	WM240648	1
200 Backstroke	2:32.07	2:29.90	398	11/05/24	ARENA Manchester Open Meet 2024	Manchester	NW240840	1
200 Individual Medley	2:33.62	2:31.00	408	16/03/24	Derby Excel Spring Qualifier 2024	Sheffield	EM240136	1
400 Individual Medley	5:33.79	5:28.50	383	06/05/24	SE West Midland Summer Championships 2024	Birmingham	WM240648	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.62	29.30	349	23/09/23	City of Stoke-on-Trent Derek Taylor Memorial Meet	Fenton Manor	WM230904	3
100 Freestyle	1:03.19	1:04.50	357	21/10/23	North Midlands Annual Championships 2023	Macclesfield	NW231634	3
200 Freestyle	2:20.78	2:23.20	351	24/06/23	Stafford Apex Summer Open Meet 2023	Stafford	WM230567	3
400 Freestyle	6:41.28	6:44.80	147	06/07/21	Cheadle ASC	Leek	LEX2977	0
800 Freestyle	10:07.73	10:17.20	388	24/11/23	Stafford Apex Winter Open Meet 2023	Stafford	WM230889	3
50 Breaststroke	35.79	36.70	338	19/11/23	NOVA Centurion November Meet 2023	Nottingham	EM231063	2
100 Breaststroke	1:19.36	1:20.90	337	22/06/24	Stafford Apex Summer Meet 2024	Stafford	WM240579	3
200 Breaststroke	2:53.02	2:56.00	334	18/11/23	NOVA Centurion November Meet 2023	Nottingham	EM231063	2
50 Butterfly	31.22	31.80	338	16/09/23	Derby Excel September Season Opener Meet 2023	Derby	EM231439	2
100 Butterfly	1:06.65	1:07.80	368	24/02/24	Swadlincote Swimming Club Spring Open Meet 2024	Matlock	EM240263	3
200 Butterfly	2:29.79	2:31.90	362	22/06/24	Stafford Apex Summer Meet 2024	Stafford	WM240579	3
50 Backstroke	31.81	32.40	335	23/06/24	Stafford Apex Summer Meet 2024	Stafford	WM240579	3
100 Backstroke	1:09.80	1:10.90	331	23/06/24	Stafford Apex Summer Meet 2024	Stafford	WM240579	3
200 Backstroke	2:29.51	2:31.70	352	22/06/24	Stafford Apex Summer Meet 2024	Stafford	WM240579	3
200 Individual Medley	2:30.71	2:33.30	384	23/06/24	Stafford Apex Summer Meet 2024	Stafford	WM240579	3
400 Individual Medley	5:21.12	5:26.50	390	25/02/24	Swadlincote Swimming Club Spring Open Meet 2024	Matlock	EM240263	3
100 Individual Medley	1:09.98	1:10.00	349	10/02/24	Staffordshire ASA County Championships 2024	Stafford	WM240060	2