

Individual Best Times (All Time)

Clara Spence - (1372278) - Carnforth & Dist Otters

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.58	28.90	508	09/09/23	City of Leeds September Sprints Meet 2023	Leeds	NE230402	3
100 Freestyle	1:03.72	1:02.40	534	14/04/24	City of Leeds National Qualifier 2024	Leeds	NE240117	1
200 Freestyle	2:17.52	2:15.00	552	13/04/24	City of Leeds National Qualifier 2024	Leeds	NE240117	1
400 Freestyle	4:52.54	4:47.70	520	27/01/24	Lancashire County Championships 2024	Manchester	NW240296	1
50 Breaststroke	39.33	38.50	407	09/09/23	City of Leeds September Sprints Meet 2023	Leeds	NE230402	3
100 Breaststroke	1:27.27	1:25.80	396	05/08/23	Swim Wales Summer Open 2023	Swansea	WL230316	1
50 Butterfly	31.97	31.40	446	21/04/24	SENW Regional Summer Championships 2024	Manchester	NW240304	1
100 Butterfly	1:13.13	1:12.10	436	27/01/24	Lancashire County Championships 2024	Manchester	NW240296	1
50 Backstroke	31.89	31.30	597	07/08/23	Swim Wales Summer Open 2023	Swansea	WL230316	1
100 Backstroke	1:09.01	1:07.80	573	11/02/24	Lancashire County Championships 2024	Manchester	NW240297	1
200 Backstroke	2:27.43	2:25.20	582	06/08/23	Swim Wales Summer Open 2023	Swansea	WL230316	1
200 Individual Medley	2:36.68	2:34.10	521	09/09/23	City of Leeds September Sprints Meet 2023	Leeds	NE230402	3
400 Individual Medley	5:37.67	5:32.40	488	26/03/23	SE North West Regional Summer Championships 2023	Liverpool	NW230689	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.36	29.10	528	17/12/23	Arena Manchester Snowpen 2023	Manchester	NW232517	3
100 Freestyle	1:01.73	1:03.10	539	17/12/23	Arena Manchester Snowpen 2023	Manchester	NW232517	3
200 Freestyle	2:12.99	2:15.60	570	18/11/23	Carnforth WHAM! Winter Home Advantage Meet 2023	Lancaster	NW232541	4
400 Freestyle	4:39.95	4:44.90	564	17/09/23	North Lancs S&WPA Level 2 Meet 2023	Blackpool	NW231623	2
800 Freestyle	9:51.59	10:01.30	525	22/09/23	Workington 14th Presidents Gala 2023	Workington	NW231619	3
50 Breaststroke	37.59	38.40	429	23/03/24	Carnforth LAST-GASP for Regionals 2024	Lancaster	NW240698	3
100 Breaststroke	1:24.54	1:26.00	401	02/10/22	Carnforth Otters & Lancaster City Bay Fusion Meet	Lancaster	NW221711	3
200 Breaststroke	3:33.68	3:36.10	249	30/11/19	WOW Percy Mason Memorial Gala	Orford Jubilee	NW192516	3
50 Butterfly	31.36	32.00	469	16/09/23	North Lancs S&WPA Level 2 Meet 2023	Blackpool	NW231624	2
100 Butterfly	1:12.79	1:13.80	409	28/05/22	Blackpool Rocks 2022	Blackpool	NW220394	3
50 Backstroke	31.67	32.30	506	17/09/23	North Lancs S&WPA Level 2 Meet 2023	Blackpool	NW231624	2
100 Backstroke	1:07.86	1:09.00	529	17/12/23	Arena Manchester Snowpen 2023	Manchester	NW232517	3
200 Backstroke	2:25.84	2:28.10	542	16/09/23	North Lancs S&WPA Level 2 Meet 2023	Blackpool	NW231623	2
200 Individual Medley	2:34.50	2:37.00	490	24/06/23	Kendal ASC 7th Mint Open Gala 2023	Kendal	NW230810	3
400 Individual Medley	5:30.88	5:36.20	479	05/03/23	Bobcats 'Racing for Regionals' Meet 2023	Darwen	NW230392	3
100 Individual Medley	1:12.59	1:12.60	471	25/02/23	Carnforth Otters Gala 1 2023	Lancaster	NW230358	4