

Individual Best Times (All Time)

Clementine Woods - (1413519) - Wrexham Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	32.45	31.80	385	11/02/24	Swim Wales Regional Racing Series - North 2024	Liverpool	WL240020	1
100 Freestyle	1:10.88	1:09.70	388	11/02/24	Swim Wales Regional Racing Series - North 2024	Liverpool	WL240020	1
200 Freestyle	2:32.61	2:30.30	404	10/02/24	Swim Wales Regional Racing Series - North 2024	Liverpool	WL240020	1
400 Freestyle	5:23.39	5:19.00	385	11/02/24	Swim Wales Regional Racing Series - North 2024	Liverpool	WL240020	1
50 Breaststroke	42.03	41.30	333	23/06/24	City of Sheffield Team Steel Meet 2024	Sheffield	NE240091	1
100 Breaststroke	1:27.97	1:26.50	387	22/06/24	City of Sheffield Team Steel Meet 2024	Sheffield	NE240091	1
200 Breaststroke	3:10.00	3:07.20	379	23/06/24	City of Sheffield Team Steel Meet 2024	Sheffield	NE240091	1
50 Butterfly	37.87	37.40	268	09/06/24	City of Liverpool Splash and Dash Meet 2024	Liverpool	NW240533	3
100 Butterfly	1:43.77	1:43.00	152	02/07/22	Richmond Dales ASC Summer Madness Gala	Leeds	NE220716	3
50 Backstroke	39.06	38.50	325	09/06/24	City of Liverpool Splash and Dash Meet 2024	Liverpool	NW240533	3
100 Backstroke	1:32.97	1:32.10	234	02/07/22	Richmond Dales ASC Summer Madness Gala	Leeds	NE220716	3
200 Individual Medley	3:14.56	3:12.50	272	02/07/22	Richmond Dales ASC Summer Madness Gala	Leeds	NE220716	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.65	32.30	380	16/03/24	Swim Conwy Spring Meet 2024	Llandudno	WL240498	3
100 Freestyle	1:07.68	1:08.90	409	16/03/24	Swim Conwy Spring Meet 2024	Llandudno	WL240498	3
200 Freestyle	2:28.37	2:30.70	410	16/03/24	Swim Conwy Spring Meet 2024	Llandudno	WL240498	3
400 Freestyle	5:24.09	5:28.40	363	22/10/23	Swim Conwy Autumn Meet 2023	Llandudno	WL232002	2
50 Breaststroke	41.30	42.10	324	17/03/24	Swim Conwy Spring Meet 2024	Llandudno	WL240498	3
100 Breaststroke	1:26.99	1:28.40	368	17/03/24	Swim Conwy Spring Meet 2024	Llandudno	WL240498	3
200 Breaststroke	3:00.66	3:03.60	413	16/03/24	Swim Conwy Spring Meet 2024	Llandudno	WL240498	3
50 Butterfly	36.03	36.60	309	17/03/24	Swim Conwy Spring Meet 2024	Llandudno	WL240498	3
100 Butterfly	1:23.34	1:24.20	272	03/03/24	Crystal Meet 2024	Wrexham	WL240610	3
50 Backstroke	39.31	39.80	265	03/12/23	Chirk Dragons Christmas Cracker	Wrexham	WL221689	3
100 Backstroke	1:23.70	1:24.70	282	16/06/24	Wrexham Cath Ankers Meet 2024	Wrexham	WL240778	3
200 Backstroke	2:59.40	3:01.30	291	07/01/24	Holywell ASC Valentine Gala 2024	Holywell	WL240193	2
200 Individual Medley	2:47.64	2:50.00	384	03/03/24	Crystal Meet 2024	Wrexham	WL240610	3
100 Individual Medley	1:24.29	1:24.30	301	02/07/23	Holywell ASC Summer Sprint 2023	Holywell	WL230621	3