

# Individual Best Times (All Time)

William Spinks - (1603366) - Herne Bay L&SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Breaststroke	46.16	45.50	177	11/02/24	Kent County Championships 2024	Stratford	LR240210	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	34.77	35.40	194	06/01/24	Dover Lifeguard Club & Herne Bay SC Icebreaker 24	Dover	SE240082	3
100 Freestyle	1:17.05	1:18.10	197	19/05/24	East Invicta eXcel Development Meet 2024	Dover	SE240805	3
200 Freestyle	2:46.02	2:48.10	214	29/04/24	Herne Bay Lifeguard & SC - Club Championships 2024	Herne Bay	SE240351	4
400 Freestyle	6:06.58	6:10.40	194	05/03/24	Herne Bay Lifeguard & SC - Club Championships 2024	Whitstable	SE240348	4
50 Breaststroke	42.89	43.60	196	19/05/24	East Invicta eXcel Development Meet 2024	Dover	SE240805	3
100 Breaststroke	1:35.87	1:37.20	191	22/06/24	Kent Junior League 2024 Round 2	Dover	SE240924	4
200 Breaststroke	3:32.15	3:34.60	181	06/01/24	Dover Lifeguard Club & Herne Bay SC Icebreaker 24	Dover	SE240082	3
50 Butterfly	45.89	46.30	106	24/06/24	Herne Bay Lifeguard & SC - Club Championships 2024	Herne Bay	SE240355	4
100 Butterfly	1:57.09	1:57.70	67	12/06/23	Herne Bay LG & SC Club Championships 2023	Herne Bay	SE230144	4
50 Backstroke	39.41	39.90	176	07/06/24	Herne Bay Lifeguard & SC - Club Championships 2024	Herne Bay	SE240352	4
100 Backstroke	1:28.60	1:29.50	162	03/12/23	Thanet SC Speedo Festive Meet 2023	Margate	SE232532	3
200 Backstroke	3:04.09	3:05.90	188	24/06/24	Herne Bay Lifeguard & SC - Club Championships 2024	Herne Bay	SE240355	4
200 Individual Medley	3:07.50	3:09.60	199	23/04/24	Herne Bay Lifeguard & SC - Club Championships 2024	Whitstable	SE240350	4
400 Individual Medley	6:42.55	6:46.90	198	01/03/24	Herne Bay Lifeguard & SC - Club Championships 2024	Herne Bay	SE240347	4
100 Individual Medley	1:26.65	1:26.70	183	21/06/24	Herne Bay Lifeguard & SC - Club Championships 2024	Herne Bay	SE240354	4