

Individual Best Times (All Time)

Sophie Spencer - (539817) - Haslemere Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.32	28.60	522	10/01/15	Portsmouth Northsea January L1 Meet	Portsmouth	SE150137	1
100 Freestyle	1:04.20	1:02.90	522	11/01/15	Portsmouth Northsea January L1 Meet	Portsmouth	SE150137	1
200 Freestyle	2:16.30	2:13.70	567	05/04/15	Portsmouth Northsea Easter Festival L1 Meet	Portsmouth	SE150138	1
400 Freestyle	4:47.16	4:42.20	550	22/02/15	Surrey Age Group Championships	Guildford	CC150302	1
800 Freestyle	9:48.30	9:38.40	559	02/04/15	Portsmouth Northsea Easter Festival L1 Meet	Portsmouth	SE150138	1
50 Breaststroke	41.06	40.30	358	28/02/15	Surrey Age Group Championships	Crystal Palace	CC150303	1
100 Breaststroke	1:29.54	1:28.10	367	15/06/14	ASA South East Region Age Group Championships	Crawley	SER419	1
200 Breaststroke	3:14.73	3:12.00	352	16/11/13	Crawley Not So Early Bird Meet	Crawley	SE3141	1
50 Butterfly	31.71	31.10	457	29/05/16	ASA South East Region Swimming Championships	Crawley	SE160992	1
100 Butterfly	1:10.23	1:09.10	492	03/04/15	Portsmouth Northsea Easter Festival L1 Meet	Portsmouth	SE150138	1
50 Backstroke	34.78	34.20	460	28/02/15	Surrey Age Group Championships	Crystal Palace	CC150303	1
100 Backstroke	1:14.57	1:13.50	454	12/02/17	Hampshire County Swimming Championships 2017	Portsmouth	SE170466	1
200 Backstroke	2:39.50	2:37.40	460	04/04/15	Portsmouth Northsea Easter Festival L1 Meet	Portsmouth	SE150138	1
200 Individual Medley	2:36.88	2:34.30	519	22/02/15	Surrey Age Group Championships	Guildford	CC150302	1
400 Individual Medley	5:33.15	5:27.80	508	15/06/14	ASA South East Region Age Group Championships	Crawley	SER419	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.24	29.90	482	20/11/16	Guildford L2 Winter Qualifier Champs	Guildford	SE161280	2
100 Freestyle	1:02.73	1:04.00	514	20/11/16	Guildford L2 Winter Qualifier Champs	Guildford	SE161280	2
200 Freestyle	2:14.87	2:17.40	547	14/02/15	Surrey Age Group Championships	Guildford	CC150301	2
400 Freestyle	4:44.69	4:49.60	536	09/06/14	Haslemere SC Club Championships 2014	Haslemere	SE4624	4
800 Freestyle	9:44.94	9:54.70	543	19/12/14	Portsmouth Northsea Level 4 Time Trials	Portsmouth	SE14367	4
50 Breaststroke	38.58	39.40	397	28/06/14	Haslemere SC Club Championships 2014	Haslemere	SE4625	4
100 Breaststroke	1:25.72	1:27.20	385	08/03/14	British Gas Surrey Age Group Championships	Guildford	CC4051	2
200 Breaststroke	3:06.55	3:09.40	375	06/10/13	Haslemere SC Club Championships	Surrey	SE3191	4
50 Butterfly	31.53	32.10	462	30/09/16	PNSC Club Championships 2016	Portsmouth	SE162220	4
100 Butterfly	1:08.97	1:10.10	481	19/11/16	Guildford L2 Winter Qualifier Champs	Guildford	SE161280	2
200 Butterfly	3:33.35	3:34.80	176	02/12/12	Haslemere Christmas Level 3 Open Meet	Haslemere	SE2088	3
50 Backstroke	34.59	35.20	388	07/10/13	Haslemere SC Club Championships	Surrey	SE3191	4
100 Backstroke	1:11.67	1:12.80	449	14/02/15	Surrey Age Group Championships	Guildford	CC150301	2
200 Backstroke	2:32.93	2:35.10	470	15/03/14	British Gas Surrey Age Group Championships	Guildford	CC4052	2
200 Individual Medley	2:34.99	2:37.50	486	15/03/14	British Gas Surrey Age Group Championships	Guildford	CC4052	2
400 Individual Medley	5:31.58	5:36.80	476	08/06/14	Haslemere Club Championships	Haslemere	SE4623	4
100 Individual Medley	1:12.13	1:12.10	480	15/02/15	Surrey Age Group Championships	Guildford	CC150301	2