

Individual Best Times (All Time)

Rachel Spooner - (548805) - Torquay Leander SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.65	28.90	504	15/07/12	Plymouth Leander Non National Qualifier	Plymouth	SW2385	3
100 Freestyle	1:04.27	1:03.00	520	04/05/13	ASA South West Regional Championships	Millfield	SWR321	1
200 Freestyle	2:25.95	2:23.50	462	14/07/12	Plymouth Leander Non National Qualifier	Plymouth	SW2385	3
800 Freestyle	10:34.78	10:25.60	445	19/01/13	ASA South West Region Open Meet	Plymouth	SW3203	1
50 Breaststroke	39.60	38.80	399	15/07/12	Plymouth Leander Non National Qualifier	Plymouth	SW2385	3
100 Breaststroke	1:26.92	1:25.50	401	06/05/13	ASA South West Regional Championships	Millfield	SWR321	1
200 Breaststroke	3:14.09	3:11.30	355	15/07/12	Plymouth Leander Non National Qualifier	Plymouth	SW2385	3
100 Butterfly	1:33.31	1:32.50	210	23/10/10	3 Towers Open Meet	Millfield	SW0586	3
100 Backstroke	1:26.26	1:25.30	293	10/04/10	Avalon Spring Open Meet	Millfield	SW0127	3
200 Backstroke	3:05.25	3:03.40	293	23/10/10	3 Towers Open Meet	Millfield	SW0586	3
200 Individual Medley	2:44.15	2:41.70	453	03/05/14	BG ASA SWR Youth Championships 2014	Plymouth	SWR403	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.29	30.00	479	07/07/13	ASA South West Region Events Age Groups	Gloucester	SW3207	3
100 Freestyle	1:02.67	1:04.00	515	15/02/14	Devon County ASA 2014 Age Group Champs	Plymouth	CC4028	2
200 Freestyle	2:16.86	2:19.40	523	01/03/14	Devon County ASA 2014 Age Group Champs	Plymouth	CC4029	2
400 Freestyle	4:54.35	4:59.10	485	16/02/14	Devon County ASA 2014 Age Group Champs	Plymouth	CC4028	2
800 Freestyle	10:30.71	10:39.80	433	18/02/12	Devon County Championships	Tiverton	CC2027	2
50 Breaststroke	38.15	39.00	411	01/03/14	Devon County ASA 2014 Age Group Champs	Plymouth	CC4029	2
100 Breaststroke	1:22.60	1:24.10	430	02/03/14	Devon County ASA 2014 Age Group Champs	Plymouth	CC4029	2
200 Breaststroke	3:04.46	3:07.30	388	17/11/13	Millfield & Taunton Deane L2 Meet	Millfield	SW3871	2
50 Butterfly	35.12	35.70	334	07/07/13	ASA South West Region Events Age Groups	Gloucester	SW3207	3
100 Butterfly	1:20.38	1:21.30	304	20/02/13	Devon County Championships	Plymouth	CC3016	2
50 Backstroke	35.77	36.30	351	10/03/12	Devon County Championships	Plymouth	CC2028	2
100 Backstroke	1:21.06	1:22.00	310	05/11/11	Tiverton 5th Sparkler Open Meet	Tiverton	SW1366	3
200 Backstroke	2:59.28	3:01.10	292	04/07/10	Devon County ASA Dev Gala	Exeter	SW0106	3
200 Individual Medley	2:38.45	2:40.90	454	02/03/14	Devon County ASA 2014 Age Group Champs	Plymouth	CC4029	2
400 Individual Medley	5:47.23	5:52.30	414	20/02/14	Devon County Championships	Plymouth	CC4030	2
100 Individual Medley	1:12.80	1:12.80	467	19/02/14	Devon County Championships	Plymouth	CC4030	2