

Individual Best Times (All Time)

Liam Spruce - (57972) - Royal Navy SC

Long Course

| Stroke | LC Time | Converted to SC | LC WA Pts | Date | Meet | Venue | Licence | Level |
|-----------------------|---------|-----------------|-----------|----------|--|-----------|---------|-------|
| 50 Freestyle | 24.23 | 23.40 | 642 | 31/07/11 | British Gas ASA National Youth Champs | Sheffield | ASA112 | 1 |
| 100 Freestyle | 53.18 | 51.60 | 684 | 28/07/11 | British Gas ASA National Youth Champs | Sheffield | ASA112 | 1 |
| 200 Freestyle | 1:57.36 | 1:54.40 | 656 | 29/07/11 | British Gas ASA National Youth Champs | Sheffield | ASA112 | 1 |
| 400 Freestyle | 4:19.20 | 4:13.70 | 612 | 27/11/11 | Welsh Capital Open Meet | Cardiff | WAL394 | 1 |
| 50 Breaststroke | 33.06 | 32.10 | 483 | 24/05/09 | Rotherham Metro LC Meet | Sheffield | NE9007 | 1 |
| 100 Breaststroke | 1:09.12 | 1:07.30 | 557 | 28/07/09 | British Gas Youth Champs | Sheffield | ASA093 | 1 |
| 200 Breaststroke | 2:31.01 | 2:27.50 | 573 | 30/07/09 | British Gas Youth Champs | Sheffield | ASA093 | 1 |
| 50 Butterfly | 29.35 | 28.70 | 436 | 10/01/09 | Exeter City Open | Millfield | SW9100 | 1 |
| 100 Butterfly | 59.65 | 58.40 | 569 | 27/05/12 | City of Sheffield No Frills Gala | Sheffield | NE2144 | 1 |
| 200 Butterfly | 2:20.73 | 2:18.50 | 481 | 02/05/10 | South West Youth Champs | Millfield | SWR004 | 1 |
| 100 Backstroke | 1:22.68 | 1:21.70 | 243 | 05/06/05 | Western Counties Bagcat Champs | Millfield | DCW502 | 1 |
| 200 Backstroke | 2:55.95 | 2:54.00 | 257 | 11/06/05 | Western Counties Bagcats Champ | Millfield | DCW503 | 1 |
| 200 Individual Medley | 2:14.59 | 2:11.60 | 607 | 30/04/11 | BG South West Region Youth Championships | Street | SWR101 | 1 |
| 400 Individual Medley | 4:50.93 | 4:44.80 | 579 | 07/08/10 | British Gas Youth Champs | Sheffield | ASA102 | 1 |

Short Course

| Stroke | SC Time | Converted to LC | SC WA Pts | Date | Meet | Venue | License | Level |
|-----------------------|---------|-----------------|-----------|----------|---------------------------------------|-----------|---------|-------|
| 50 Freestyle | 24.03 | 24.90 | 590 | 03/12/11 | BG SWR Short Course Championships | Millfield | SWR126 | 2 |
| 100 Freestyle | 51.79 | 53.40 | 649 | 04/12/11 | BG SWR Short Course Championships | Millfield | SWR126 | 2 |
| 200 Freestyle | 1:54.92 | 1:57.90 | 646 | 03/12/11 | BG SWR Short Course Championships | Millfield | SWR126 | 2 |
| 400 Freestyle | 4:10.38 | 4:15.90 | 609 | 04/12/11 | BG SWR Short Course Championships | Millfield | SWR126 | 2 |
| 50 Breaststroke | 30.89 | 31.90 | 526 | 22/05/11 | Exeter City Level 2 May Meet | Exeter | SW1245 | 1 |
| 100 Breaststroke | 1:07.67 | 1:09.50 | 545 | 10/04/11 | Devon County Inter-Club Championships | Plymouth | SW1061 | 2 |
| 200 Breaststroke | 2:28.56 | 2:32.10 | 529 | 27/02/11 | Devon County Championships | Tiverton | CC1024 | 2 |
| 50 Butterfly | 30.32 | 30.90 | 369 | 03/02/08 | Devon County Champs | Tiverton | CC8094 | 2 |
| 100 Butterfly | 59.51 | 1:00.80 | 517 | 11/03/12 | Devon County Championships | Plymouth | CC2028 | 2 |
| 200 Butterfly | 2:11.89 | 2:14.30 | 531 | 04/03/12 | Devon County Championships | Plymouth | CC2030 | 2 |
| 50 Backstroke | 35.00 | 35.60 | 252 | 25/03/07 | Devon County Sprint Gala | Plymouth | SW7112 | 3 |
| 100 Backstroke | 1:03.09 | 1:04.30 | 449 | 06/03/10 | Devon County Champs | Tiverton | CC0064 | 2 |
| 200 Backstroke | 2:16.10 | 2:18.50 | 467 | 18/02/12 | Devon County Championships | Tiverton | CC2027 | 2 |
| 200 Individual Medley | 2:09.95 | 2:12.90 | 600 | 03/12/11 | BG SWR Short Course Championships | Millfield | SWR126 | 2 |
| 400 Individual Medley | 4:43.35 | 4:49.50 | 569 | 19/02/11 | Devon County Championships | Plymouth | CC1023 | 2 |
| 100 Individual Medley | 1:06.14 | 1:06.10 | 413 | 14/02/09 | Devon County Champs | Plymouth | CC9050 | 2 |