

Individual Best Times (All Time)

Martha Smith - (719900) - Clitheroe Dolphins SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.06	27.30	595	12/02/23	Lancashire County Age Groups & Championships 2023	Liverpool	NW230073	1
100 Freestyle	1:01.31	59.90	599	26/01/20	Lancashire County Age Groups & County Champs	Manchester	NW200179	1
200 Freestyle	2:18.94	2:16.40	535	22/03/15	Lancashire County Age Groups & Championships	Manchester	CC150113	1
400 Freestyle	5:18.41	5:14.00	403	15/03/14	Lancashire County Championships	Manchester	CC4087	1
800 Freestyle	10:33.71	10:24.50	447	19/12/14	CO Manchester Aquatics Manchester Snow'pen	Manchester	NW4452	1
50 Breaststroke	35.74	34.90	543	11/02/23	Lancashire County Age Groups & Championships 2023	Liverpool	NW230073	1
100 Breaststroke	1:22.73	1:21.20	465	27/01/19	Lancs County WPSA Age Groups & Championships 2019	Manchester	NW190175	1
50 Butterfly	29.48	28.80	569	04/02/23	Lancashire County Age Groups & Championships 2023	Liverpool	NW230072	1
100 Butterfly	1:05.43	1:04.30	609	30/07/19	Swim Wales Summer Nationals	Swansea	WL190050	1
200 Butterfly	2:39.13	2:37.10	448	01/03/15	Lancashire County Age Groups & Championships	Liverpool	CC150112	1
50 Backstroke	33.26	32.70	526	04/02/23	Lancashire County Age Groups & Championships 2023	Liverpool	NW230072	1
100 Backstroke	1:10.57	1:09.40	536	08/02/20	Lancashire County Age Groups & County Champs	Manchester	NW200181	1
200 Backstroke	2:46.20	2:44.20	406	08/03/14	Lancashire Age Groups & Championships	Manchester	CC4086	1
200 Individual Medley	2:35.26	2:32.70	536	25/01/20	Lancashire County Age Groups & County Champs	Manchester	NW200179	1
400 Individual Medley	5:54.84	5:49.80	420	17/03/13	Lancashire County Championships	Liverpool	CC3062	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.66	28.40	569	05/05/19	Blackpool Rocks 2019	Blackpool	NW190260	3
100 Freestyle	59.91	1:01.30	590	09/06/19	PSC Summer Spectacular - L3 OPEN MEET	Darwen	NW190373	3
200 Freestyle	2:10.99	2:13.60	597	08/03/20	BOBCATS Regional Qualifier - Powered by FINIS	Darwen	NW200172	3
400 Freestyle	5:02.26	5:06.90	448	23/11/14	Liverpool & Dist Inter Association Gala	Huyton	NW4920	2
800 Freestyle	10:25.99	10:35.20	443	25/01/15	North Lancashire Age Groups & Youth Championships	Blackpool	NW150128	2
50 Breaststroke	34.65	35.50	548	15/10/22	North Lancs S&WPA Level 2 Meet	Blackpool	NW221655	2
100 Breaststroke	1:17.60	1:19.20	518	07/01/23	Burnley Bobcats Last Chance County Qualifier Meet	Darwen	NW230024	3
200 Breaststroke	3:04.22	3:07.10	389	03/04/16	Spa Town Meet	Harrogate	NE160247	3
50 Butterfly	29.14	29.80	585	07/07/19	Rotherham Metro 'A' and 'B' Grade SC Meet	Sheffield	NE190336	3
100 Butterfly	1:04.18	1:05.40	597	06/07/19	Rotherham Metro 'A' and 'B' Grade SC Meet	Sheffield	NE190336	3
200 Butterfly	2:32.92	2:35.00	478	11/06/16	Preston Summer Spectacular 2016 Open Meet	Darwen	NW160845	3
50 Backstroke	32.00	32.60	491	02/10/22	Carnforth Otters & Lancaster City Bay Fusion Meet	Lancaster	NW221711	3
100 Backstroke	1:09.22	1:10.40	498	08/01/23	Burnley Bobcats Last Chance County Qualifier Meet	Darwen	NW230024	3
200 Backstroke	2:37.01	2:39.10	434	23/06/13	Preston Guild Summer Spectacular Meet	Darwen	NW3330	3
200 Individual Medley	2:30.39	2:33.00	532	28/05/23	Blackpool Rocks Meet 2023	Blackpool	NW230130	3
400 Individual Medley	5:49.44	5:54.40	406	28/09/14	Greater Manchester Autumn Meet	Wigan	NW4462	3
100 Individual Medley	1:07.73	1:07.70	580	07/07/19	Rotherham Metro 'A' and 'B' Grade SC Meet	Sheffield	NE190336	3