

# Individual Best Times (All Time)

Naomi Spencer - (773147) - 4 Shires Swimming Club

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	34.04	33.40	333	24/03/13	City of Cardiff SC Tiger Bay Open Meet	Cardiff	WAL481	3
100 Freestyle	1:16.49	1:15.40	308	13/01/13	City of Coventry SC January Open Meet	Coventry	WM3077	3
200 Freestyle	2:44.99	2:42.90	319	24/03/13	City of Cardiff SC Tiger Bay Open Meet	Cardiff	WAL481	3
50 Breaststroke	46.18	45.50	251	24/03/13	City of Cardiff SC Tiger Bay Open Meet	Cardiff	WAL481	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	32.63	33.30	347	09/12/12	City of Newport Xmas Cracker 2012	Newport	WAL467	4
100 Freestyle	1:15.17	1:16.30	298	15/07/12	Gloucester City SC Level 3 Open Meet	Gloucester	SW2447	3
200 Freestyle	2:41.19	2:43.30	320	12/07/14	Gloucester City SC Level 3 July Open Meet	Gloucester	SW4467	3
400 Freestyle	5:44.95	5:49.00	301	01/10/11	City of Oxford Club Championships	Oxford	SE1504	4
800 Freestyle	11:36.70	11:45.00	321	09/02/14	Oxfordshire & N Bucks County Championships	Betchley	CC4017	2
50 Breaststroke	42.68	43.40	293	09/12/12	City of Newport Xmas Cracker 2012	Newport	WAL467	4
100 Breaststroke	1:39.65	1:40.90	245	14/07/12	Gloucester City SC Level 3 Open Meet	Gloucester	SW2447	3
200 Breaststroke	3:35.13	3:37.60	244	15/09/12	City of Oxford Club Championships	Oxford	SE2596	4
50 Butterfly	36.89	37.40	288	09/12/12	City of Newport Xmas Cracker 2012	Newport	WAL467	4
50 Backstroke	40.57	41.10	241	15/12/13	City of Newport Christmas Cracker	Newport	WAL538	4
200 Individual Medley	3:03.40	3:05.50	293	09/12/12	City of Newport Xmas Cracker 2012	Newport	WAL467	4
100 Individual Medley	1:26.70	1:26.70	276	16/09/12	City of Oxford Club Championships	Oxford	SE2596	4