

Individual Best Times (All Time)

Sadie Spencer - (885775) - Wrexham Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.97	30.30	443	17/04/17	Swim Wales Long Course Championships	Swansea	WL170073	1
100 Freestyle	1:06.18	1:04.90	477	13/01/18	City of Derby 17th LC Level 1 Licensed Open Meet	Sheffield	EM180084	1
200 Freestyle	2:25.59	2:23.20	465	12/01/19	City of Coventry January Open Meet 2019	Coventry	WM190024	3
400 Freestyle	4:57.69	4:52.90	494	08/07/18	Graham Sykes Memorial Gala	Coventry	WM180363	3
800 Freestyle	10:24.74	10:15.40	467	17/04/17	Swim Wales Long Course Championships	Swansea	WL170073	1
50 Breaststroke	46.03	45.30	254	25/07/15	Swim Wales Summer Open Meet	Swansea	WL150507	1
200 Breaststroke	3:37.57	3:35.10	252	24/07/15	Swim Wales Summer Open Meet	Swansea	WL150507	1
50 Butterfly	34.79	34.20	346	12/01/19	City of Coventry January Open Meet 2019	Coventry	WM190024	3
100 Butterfly	1:17.84	1:16.90	362	07/07/18	Graham Sykes Memorial Gala	Coventry	WM180363	3
50 Backstroke	35.28	34.70	441	16/04/17	Swim Wales Long Course Championships	Swansea	WL170073	1
100 Backstroke	1:14.81	1:13.70	450	01/04/17	Stockport Metro Qualifying Window Meet	Stockport	NW170111	1
200 Backstroke	2:40.45	2:38.40	452	12/01/19	City of Coventry January Open Meet 2019	Coventry	WM190024	3
200 Individual Medley	2:54.75	2:52.50	375	26/07/15	Swim Wales Summer Open Meet	Swansea	WL150507	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.54	30.20	467	07/02/17	Swim Wales North Regional Championships	Llandudno	WL170078	2
100 Freestyle	1:03.57	1:04.90	493	04/02/18	SW North Regional Championships	Llandudno	WL180044	2
200 Freestyle	2:15.84	2:18.40	535	02/02/19	Swim Wales North Regional Championships	Llandudno	WL190032	2
400 Freestyle	4:45.31	4:50.20	532	06/02/19	Swim Wales North Regional Championships	Llandudno	WL190032	2
800 Freestyle	9:45.47	9:55.30	542	04/02/19	Swim Wales North Regional Championships	Llandudno	WL190032	2
1500 Freestyle	18:42.87	19:01.10	529	01/02/19	Swim Wales North Regional Championships	Llandudno	WL190032	2
50 Breaststroke	42.23	43.00	303	01/10/17	ECL Championships 2017	Wrexham	WL172111	3
100 Breaststroke	1:29.33	1:30.70	340	18/03/18	Wrexham Crystal Meet 2018	Wrexham	WL180835	3
200 Breaststroke	3:08.50	3:11.30	363	25/11/17	Swim Wales North Sub Regional Championships	Llandudno	WL170080	3
50 Butterfly	34.16	34.70	363	07/10/18	East Clwyd League Championships	Wrexham	WL182093	3
100 Butterfly	1:14.18	1:15.20	386	18/03/18	Wrexham Crystal Meet 2018	Wrexham	WL180835	3
200 Butterfly	2:41.74	2:43.70	404	26/11/17	Swim Wales North Sub Regional Championships	Llandudno	WL170080	3
50 Backstroke	33.46	34.10	429	02/02/19	Swim Wales North Regional Championships	Llandudno	WL190032	2
100 Backstroke	1:11.06	1:12.20	460	20/10/18	Manchester International Swim Meet (MISM) 2018	Manchester	NW180649	2
200 Backstroke	2:29.79	2:32.00	500	03/02/19	Swim Wales North Regional Championships	Llandudno	WL190032	2
200 Individual Medley	2:37.23	2:39.70	465	18/03/18	Wrexham Crystal Meet 2018	Wrexham	WL180835	3
400 Individual Medley	5:30.19	5:35.50	482	03/02/18	SW North Regional Championships	Llandudno	WL180044	2
100 Individual Medley	1:18.73	1:18.70	369	20/03/16	Wrexham Crystal Meet	Wrexham	WL160951	3