

# Individual Best Times (All Time)

Lilly Spencer - (926842) - Haslemere Swimming Club

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	35.50	34.90	294	12/07/15	Rushmoor Royals Summer LC L3 Open Meet	Aldershot	SE151059	3
100 Freestyle	1:19.26	1:18.20	277	11/07/15	Rushmoor Royals Summer LC L3 Open Meet	Aldershot	SE151059	3
200 Freestyle	3:04.85	3:03.00	227	20/04/14	Portsmouth Northsea Easter Swim Festival	Portsmouth	SE4255	1
400 Freestyle	6:17.17	6:13.40	243	18/04/14	Portsmouth Northsea Easter Swim Festival	Portsmouth	SE4255	1
800 Freestyle	12:57.64	12:50.10	242	17/04/14	Portsmouth Northsea Easter Swim Festival	Portsmouth	SE4255	1
50 Breaststroke	43.18	42.40	307	28/02/16	Surrey County ASA Age Group Championships 2016	Crystal Palace	LR160384	1
100 Breaststroke	1:35.62	1:34.30	301	06/02/16	Surrey County ASA Age Group Championships 2016	Guildford	LR160382	1
200 Breaststroke	3:35.30	3:32.80	260	12/07/15	Rushmoor Royals Summer LC L3 Open Meet	Aldershot	SE151059	3
50 Butterfly	42.56	42.10	189	12/07/15	Rushmoor Royals Summer LC L3 Open Meet	Aldershot	SE151059	3
200 Butterfly	4:00.01	3:58.70	130	26/10/14	Rushmoor Royals 11th Autumn Meet	Aldershot	SE4908	1
50 Backstroke	42.52	42.00	252	11/07/15	Rushmoor Royals Summer LC L3 Open Meet	Aldershot	SE151059	3
200 Backstroke	3:31.24	3:29.70	198	25/10/14	Rushmoor Royals 11th Autumn Meet	Aldershot	SE4908	1
200 Individual Medley	3:09.10	3:07.00	296	12/07/15	Rushmoor Royals Summer LC L3 Open Meet	Aldershot	SE151059	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	34.53	35.10	292	05/12/15	Crawley Christmas Splash Open Meet	Crawley	SE151330	3
100 Freestyle	1:16.04	1:17.10	288	22/11/15	Peter Bull Open Meet	Waterlooville	SE152132	3
200 Freestyle	2:46.19	2:48.30	292	05/10/15	Haslemere SC Club Championships 2015	Haslemere	SE151634	4
400 Freestyle	5:49.82	5:53.80	289	04/10/15	Haslemere SC Club Championships 2015	Haslemere	SE151634	4
800 Freestyle	13:30.15	13:37.30	204	08/10/13	Haslemere SC Club Championships	Surrey	SE3191	4
50 Breaststroke	42.59	43.30	295	05/12/15	Crawley Christmas Splash Open Meet	Crawley	SE151330	3
100 Breaststroke	1:36.30	1:37.60	271	05/12/15	Crawley Christmas Splash Open Meet	Crawley	SE151330	3
200 Breaststroke	3:26.32	3:28.90	277	15/02/15	Surrey Age Group Championships	Guildford	CC150301	2
50 Butterfly	39.97	40.40	226	22/11/15	Peter Bull Open Meet	Waterlooville	SE152132	3
100 Butterfly	1:37.20	1:38.00	171	04/10/15	Haslemere SC Club Championships 2015	Haslemere	SE151634	4
200 Butterfly	3:33.32	3:34.80	176	05/10/15	Haslemere SC Club Championships 2015	Haslemere	SE151634	4
50 Backstroke	41.27	41.80	229	07/06/15	Surrey Development Meet 2015	Guildford	LR150938	3
100 Backstroke	1:30.87	1:31.80	220	06/06/15	Surrey Development Meet 2015	Guildford	LR150938	3
200 Backstroke	3:08.65	3:10.40	250	07/06/15	Surrey Development Meet 2015	Guildford	LR150938	3
200 Individual Medley	3:04.57	3:06.70	287	05/12/15	Crawley Christmas Splash Open Meet	Crawley	SE151330	3
400 Individual Medley	6:32.28	6:36.70	287	29/11/15	Haslemere 400m Individual Medley Time Trials	Haslemere	SE152335	4
100 Individual Medley	1:33.15	1:33.20	223	25/01/15	Cranleigh January Open Meet 2015	Cranleigh	SE150001	3