

# Individual Best Times (All Time)

Isabella Spenceley - (970612) - York City Baths Club

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	37.94	37.40	240	12/07/15	Richmond Dales Summer Madness Meet	Leeds	NE150566	3
100 Freestyle	1:36.59	1:35.70	153	28/06/14	Co of Leeds B Grade Meet	Leeds	NE14031	3
50 Backstroke	44.03	43.60	227	12/07/15	Richmond Dales Summer Madness Meet	Leeds	NE150566	3
200 Backstroke	3:31.49	3:29.90	197	28/06/14	Co of Leeds B Grade Meet	Leeds	NE14031	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	39.63	40.20	193	20/09/14	Rotherham Metro A&B Grade Meet	Sheffield	NE4307	3
100 Freestyle	1:27.82	1:28.80	187	29/03/15	Richmond Dales ASC Developmental Meet	Billingham	NE150408	3
200 Freestyle	3:21.62	3:23.30	163	10/12/14	York City Baths Club Championships 2014	York	NE14595	4
50 Breaststroke	1:00.80	1:01.30	101	09/12/12	York City Baths Club Championships 2012	York	NE2797	4
50 Butterfly	46.39	46.80	145	15/03/15	Barracudas A B Short Course Sprints Gala	Beverley	NE150263	3
100 Butterfly	1:50.50	1:51.20	117	23/11/14	Doncaster Darts Swim Along-a-Santa Meet	Beverley	NE14136	3
200 Butterfly	4:12.82	4:14.10	105	08/12/14	York City Baths Club Championships 2014	York	NE14595	4
50 Backstroke	42.27	42.70	213	15/03/15	Barracudas A B Short Course Sprints Gala	Beverley	NE150263	3
100 Backstroke	1:37.06	1:37.90	180	02/11/14	York City Baths Club Regional Qualifier	Hull	NE14331	3
200 Backstroke	3:26.37	3:28.00	191	08/12/14	York City Baths Club Championships 2014	York	NE14595	4
200 Individual Medley	3:38.47	3:40.30	173	31/12/14	York City Baths Club Championships	York	NE150265	4
100 Individual Medley	1:40.25	1:40.30	179	29/03/15	Richmond Dales ASC Developmental Meet	Billingham	NE150408	3