

# Individual Best Times (All Time)

Henry Maw - (1151432) - Southport SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.54	27.80	393	04/02/18	Lancs County WPSA Age Groups & Championships	Manchester	NW180032	1
100 Freestyle	55.82	54.30	591	11/02/22	Middle East Open and Junior Championships	Dubai	GBR1617	1
200 Freestyle	1:58.97	1:56.00	630	05/02/22	Lancs County Age Groups & Championships 2022	Wavertree LC	NW220241	1
400 Freestyle	4:08.82	4:03.10	691	05/04/22	British Championships 2022	Sheffield	BSW020	1
800 Freestyle	8:46.73	8:35.70	632	08/02/20	Lancashire County Age Groups & County Champs	Manchester	NW200181	1
1500 Freestyle	17:08.87	16:48.70	606	01/08/18	Swim England National Summer Meet	Sheffield	ENG009	1
50 Butterfly	26.58	25.90	588	26/03/22	SE North West Summer Regional Swimming Champs	Liverpool	NW220368	1
100 Butterfly	57.22	55.90	645	08/04/22	British Championships 2022	Sheffield	BSW020	1
200 Butterfly	2:06.86	2:04.40	657	06/04/22	British Championships 2022	Sheffield	BSW020	1
50 Backstroke	32.18	31.60	391	04/02/18	Lancs County WPSA Age Groups & Championships	Manchester	NW180032	1
100 Backstroke	1:04.38	1:03.10	514	08/02/20	Lancashire County Age Groups & County Champs	Manchester	NW200181	1
200 Backstroke	2:25.18	2:22.90	458	27/05/18	2018 SENW Summer Championships	Manchester	NW180834	1
200 Individual Medley	2:17.01	2:14.10	576	31/07/21	North West Summer Festival of Swimming	Manchester	NW210293	1
400 Individual Medley	4:55.25	4:49.20	554	12/01/20	Lancashire County Age Groups & County Champs	Manchester	NW200180	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	25.45	26.30	497	02/11/21	Southport SC Club Championships	Dunes LC	NW211397	4
100 Freestyle	54.36	55.90	561	24/10/21	Liverpool & District Age Groups & Swimming Champs	Knowsley	NW210439	3
200 Freestyle	1:55.53	1:58.50	636	07/11/21	NW Winter Regional Swimming Championships (25m)	Manchester	NW211011	2
400 Freestyle	3:58.85	4:04.60	701	03/12/21	Swim England National Winter Championships (25m)	Sheffield	ENG020	2
800 Freestyle	8:50.35	9:01.10	584	22/11/18	Southport Club Championships 2018	DUNES	NW182711	4
1500 Freestyle	16:40.46	17:00.80	606	21/11/19	Southport Club Championships	Dunes LC	NW193172	4
50 Breaststroke	33.64	34.60	407	04/11/21	Southport SC Club Championships	Dunes LC	NW211398	4
100 Breaststroke	1:11.28	1:13.00	466	11/11/21	Southport SC Club Championships	Dunes LC	NW211400	4
50 Butterfly	26.74	27.40	538	24/10/21	Liverpool & District Age Groups & Swimming Champs	Knowsley	NW210439	3
100 Butterfly	55.89	57.20	624	03/12/21	Swim England National Winter Championships (25m)	Sheffield	ENG020	2
200 Butterfly	2:03.65	2:06.20	645	04/12/21	Swim England National Winter Championships (25m)	Sheffield	ENG020	2
50 Backstroke	27.88	28.60	498	04/11/21	Southport SC Club Championships	Dunes LC	NW211398	4
100 Backstroke	1:00.29	1:01.60	515	23/10/21	Liverpool & District Age Groups & Swimming Champs	Knowsley	NW210439	3
200 Backstroke	2:14.63	2:17.10	482	28/09/19	North Lancashire Level 2 Age Groups & Champs	Blackpool	NW191770	2
200 Individual Medley	2:09.30	2:12.30	609	12/12/21	North West Arena League Premier Division A Final	Macclesfield	NW211550	3
400 Individual Medley	4:42.89	4:49.00	571	09/11/21	Southport SC Club Championships	Dunes LC	NW211399	4
100 Individual Medley	1:27.18	1:27.20	180	06/12/14	Preston Christmas Countdown Open Meet	Darwen	NW14658	3