

Individual Best Times (All Time)

Caitlan Hennessy - (1364082) - Epsom District SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.40	29.70	468	23/03/24	Winchester Spring Qualifier 2024	Winchester	SE240331	1
100 Freestyle	1:06.34	1:05.10	473	24/03/24	Winchester Spring Qualifier 2024	Winchester	SE240331	1
200 Freestyle	2:41.33	2:39.20	342	17/06/23	Wandsworth SC Summer Open Meet 2023	Crawley	LR230513	3
400 Freestyle	5:43.74	5:39.60	321	24/09/23	Crawley SC Lis Hartley Open Meet L3 2023	Crawley	SE231515	3
50 Breaststroke	46.27	45.60	250	17/06/23	Wandsworth SC Summer Open Meet 2023	Crawley	LR230513	3
100 Breaststroke	1:40.48	1:39.20	259	24/06/23	Stuttgart International Swim Meet 2023	Stuttgart	GBR2093	1
200 Breaststroke	3:45.62	3:43.30	226	24/06/23	Stuttgart International Swim Meet 2023	Stuttgart	GBR2093	1
50 Butterfly	38.33	37.80	258	23/09/23	Crawley SC Lis Hartley Open Meet L3 2023	Crawley	SE231515	3
50 Backstroke	41.16	40.70	277	24/09/23	Crawley SC Lis Hartley Open Meet L3 2023	Crawley	SE231515	3
100 Backstroke	1:37.84	1:37.00	201	24/06/22	Stuttgart International Swim Meet 2022	Stuttgart	GBR1780	1
200 Backstroke	3:13.00	3:11.30	259	17/06/23	Wandsworth SC Summer Open Meet 2023	Crawley	LR230513	3
200 Individual Medley	3:03.25	3:01.10	326	18/06/23	Wandsworth SC Summer Open Meet 2023	Crawley	LR230513	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.47	31.10	426	19/05/24	East Grinstead SC Open Meet 2024	Crawley	SE240109	3
100 Freestyle	1:06.28	1:07.50	435	19/05/24	East Grinstead SC Open Meet 2024	Crawley	SE240109	3
200 Freestyle	2:29.39	2:31.70	402	10/12/23	Woking SC December Dasher 2023	Woking	SE232412	3
400 Freestyle	5:24.37	5:28.70	362	12/11/23	Epsom District SC Club Championships 2023	Rainbow Centre	SE232264	4
800 Freestyle	11:38.79	11:47.00	318	12/10/23	Epsom District SC Club Championships 2023	Downsend Sch	SE232261	4
1500 Freestyle	22:25.06	22:40.30	307	19/10/23	Epsom District SC Club Championships 2023	Downsend Sch	SE232262	4
50 Breaststroke	40.71	41.50	338	19/05/24	East Grinstead SC Open Meet 2024	Crawley	SE240109	3
100 Breaststroke	1:28.99	1:30.40	344	19/05/24	East Grinstead SC Open Meet 2024	Crawley	SE240109	3
200 Breaststroke	3:34.15	3:36.60	248	08/10/23	Epsom District Autumn Open Meet 2023	Epsom	SE231142	3
50 Butterfly	36.47	37.00	298	19/05/24	East Grinstead SC Open Meet 2024	Crawley	SE240109	3
100 Butterfly	1:33.80	1:34.60	191	07/10/23	Epsom District Autumn Open Meet 2023	Epsom	SE231142	3
50 Backstroke	36.83	37.40	322	19/05/24	East Grinstead SC Open Meet 2024	Crawley	SE240109	3
100 Backstroke	1:21.84	1:22.80	301	19/05/24	East Grinstead SC Open Meet 2024	Crawley	SE240109	3
200 Backstroke	3:07.15	3:08.90	256	02/04/23	Guildford City SC L3 Regional Qualifier 2023	Guildford	SE230252	3
200 Individual Medley	3:04.29	3:06.40	289	14/01/23	Kingston Royals SC New Year County Qualifier Meet	Walton-on-Thames	LR230011	3
400 Individual Medley	6:51.52	6:55.80	249	04/10/22	EDSC Autumn Club Championships 2022	Rainbow Centre,Epsom	SE221921	4
100 Individual Medley	1:26.67	1:26.70	277	21/05/23	Woking SC Octopus Meet 2023	Woking	SE230724	3