

Individual Best Times (All Time)

Callum Hennessy - (1375430) - Saxon Crown (Lewisham) SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.73	28.00	385	08/01/23	Borough of Waltham Forest SC Gators L3 Gala 2023	London	LR230111	3
50 Breaststroke	35.11	34.20	403	02/04/23	NUJEL SC National Qualifier Open Meet 2023	Stratford	LR230468	1
100 Breaststroke	1:18.33	1:16.70	382	11/02/24	Kent County Championships 2024	Stratford	LR240210	1
200 Breaststroke	2:55.51	2:52.50	365	10/03/24	Kent County Championships 2024	Stratford	LR240211	1
50 Butterfly	30.43	29.80	391	09/03/24	Kent County Championships 2024	Stratford	LR240211	1
100 Butterfly	1:10.16	1:09.10	350	10/03/24	Kent County Championships 2024	Stratford	LR240211	1
50 Backstroke	31.89	31.30	402	10/02/24	Kent County Championships 2024	Stratford	LR240210	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.91	27.70	420	07/01/24	Saxon Crown & Greenwich Royals Winter Warmer 2024	Lewisham	LR240199	3
100 Freestyle	58.53	59.90	449	15/06/24	Black Lion SC John Redding Gala 2024	Gillingham	SE240806	3
200 Freestyle	2:16.15	2:18.70	388	28/11/22	Saxon Crown Club Championships 2022	Lewisham	LR221840	4
400 Freestyle	4:46.37	4:51.20	407	25/09/23	Saxon Crown Club Championships 2023	Lewisham	LR231352	4
800 Freestyle	10:14.42	10:23.80	375	23/06/24	Saxon Crown Club Championships 2024	Lewisham	LR241408	4
1500 Freestyle	19:52.94	20:10.10	357	19/06/23	Saxon Crown Club Championships 2023	Lewisham	LR231349	4
50 Breaststroke	33.29	34.20	420	05/11/23	SE London Winter Championships 2023	Stratford	LR231947	2
100 Breaststroke	1:14.40	1:16.10	410	07/01/24	Saxon Crown & Greenwich Royals Winter Warmer 2024	Lewisham	LR240199	3
200 Breaststroke	2:47.20	2:50.30	371	18/03/23	Saxon Crown SC Spring Challenge 2023	Lewisham	LR230083	3
50 Butterfly	29.16	29.80	414	10/12/23	Saxon Crown Club Championships 2023	Lewisham	LR231357	4
100 Butterfly	1:07.63	1:08.70	352	12/11/23	Saxon Crown Club Championships 2023	Lewisham	LR231355	4
50 Backstroke	30.10	30.80	396	10/12/23	Saxon Crown Club Championships 2023	Lewisham	LR231357	4
100 Backstroke	1:10.27	1:11.40	325	15/10/23	Saxon Crown Club Championships 2023	Lewisham	LR231354	4
200 Backstroke	2:49.41	2:51.40	242	24/10/22	Saxon Crown Club Championships 2022	Lewisham	LR221840	4
200 Individual Medley	2:33.77	2:36.30	362	25/09/23	Saxon Crown Club Championships 2023	Lewisham	LR231352	4
400 Individual Medley	5:47.41	5:52.40	308	27/06/22	Saxon Crown SC Club Championships	Lewisham	LR221000	4
100 Individual Medley	1:08.64	1:08.60	370	01/10/23	Saxon Crown Club Championships 2023	Lewisham	LR231353	4