

Individual Best Times (All Time)

Henry Russell - (1389945) - Portsmouth Northsea SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	26.89	26.10	470	24/02/24	Hampshire County Swimming Championships 2024	Mountbatten Cen	SE240345	1
100 Freestyle	1:00.03	58.60	475	30/03/24	Portsmouth Northsea Easter Meet 2024 LC L1 Meet	Portsmouth	SE240108	1
200 Freestyle	2:10.88	2:08.20	473	25/02/24	Hampshire County Swimming Championships 2024	Mountbatten Cen	SE240345	1
400 Freestyle	4:37.26	4:32.20	500	30/03/24	Portsmouth Northsea Easter Meet 2024 LC L1 Meet	Portsmouth	SE240108	1
50 Breaststroke	37.59	36.70	328	21/01/24	Hampshire County Swimming Championships 2024	Winchester	SE240343	1
100 Breaststroke	1:19.78	1:18.20	362	29/03/24	Portsmouth Northsea Easter Meet 2024 LC L1 Meet	Portsmouth	SE240108	1
50 Butterfly	32.06	31.50	335	12/03/23	Swansea Aquatic Spring LC Meet 2023	Swansea	WL230125	1
100 Butterfly	1:17.31	1:16.30	261	04/02/23	Hampshire ASA County Championships 2023	Winchester	SE230250	1
200 Butterfly	3:08.08	3:06.40	201	17/07/22	Portsmouth Northsea End of Season Meet	Mountbatten Cen	SE221035	3
50 Backstroke	32.23	31.60	390	08/04/23	Portsmouth Northsea SC Easter Meet 2023	Portsmouth	SE230029	1
100 Backstroke	1:08.78	1:07.60	422	21/01/24	Hampshire County Swimming Championships 2024	Winchester	SE240343	1
200 Individual Medley	2:44.85	2:42.40	330	03/12/22	Portsmouth Northsea SC Christmas Meet 2022	Mountbatten Centre	SE222226	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.81	27.60	425	09/06/24	Cranleigh ASC Summer Open Meet 2024	Cranleigh	SE240864	3
100 Freestyle	59.01	1:00.40	438	09/06/24	Cranleigh ASC Summer Open Meet 2024	Cranleigh	SE240864	3
200 Freestyle	2:07.02	2:09.70	478	08/10/23	Portsmouth Northsea 1st Chance Qualifier L2 Meet	Mountbatten Centre	SE231675	2
400 Freestyle	4:38.83	4:43.80	441	06/10/23	Portsmouth Northsea 1st Chance Qualifier L2 Meet	Mountbatten Centre	SE231675	2
800 Freestyle	9:35.03	9:45.00	458	07/10/23	Portsmouth Northsea 1st Chance Qualifier L2 Meet	Mountbatten Centre	SE231675	2
50 Breaststroke	36.22	37.10	326	15/09/23	Portsmouth Northsea Medley Champs 2023	Mountbatten Cen	SE231660	4
100 Breaststroke	1:18.85	1:20.40	344	18/11/23	Guildford City L2 Winter Open Meet 2023	Surrey Sports Park	SE231403	2
200 Breaststroke	3:18.49	3:21.10	221	06/03/22	City of Southampton SC 20th Spring Meet	Southampton	SE220440	3
50 Butterfly	30.91	31.50	348	15/09/23	Portsmouth Northsea Medley Champs 2023	Mountbatten Cen	SE231660	4
100 Butterfly	1:18.22	1:19.20	227	16/10/22	Portsmouth Northsea SC 1st Chance County Qualifier	Portsmouth	SE222046	3
200 Butterfly	3:08.99	3:10.70	180	30/01/22	Hampshire County ASA Swimming Championships 2022	Portsmouth	SE220381	2
50 Backstroke	31.64	32.30	341	15/09/23	Portsmouth Northsea Medley Champs 2023	Mountbatten Cen	SE231660	4
100 Backstroke	1:06.81	1:08.00	378	08/10/23	Portsmouth Northsea 1st Chance Qualifier L2 Meet	Mountbatten Centre	SE231675	2
200 Backstroke	2:38.33	2:40.40	296	06/03/22	City of Southampton SC 20th Spring Meet	Southampton	SE220440	3
200 Individual Medley	2:31.60	2:34.20	378	09/06/24	Cranleigh ASC Summer Open Meet 2024	Cranleigh	SE240864	3
100 Individual Medley	1:19.75	1:19.80	235	07/11/21	Fareham Nomads Winter Meet 2021	Waterlooville	SE210594	3