

Individual Best Times (All Time)

Erin Henderson - (1408243) - Woking SC

Long Course

| Stroke | LC Time | Converted to SC | LC WA Pts | Date | Meet | Venue | Licence | Level |
|-----------------------|---------|-----------------|-----------|----------|---|------------|----------|-------|
| 50 Freestyle | 29.88 | 29.20 | 493 | 21/01/24 | Surrey Age Group Championships 2024 | Guildford | SE240476 | 1 |
| 100 Freestyle | 1:05.24 | 1:03.90 | 497 | 04/02/24 | Surrey Age Group Championships 2024 | Guildford | SE240477 | 1 |
| 400 Freestyle | 5:48.00 | 5:43.90 | 309 | 23/07/23 | Winchester City Penguins Summer Scorcher 2023 | Winchester | SE231199 | 3 |
| 50 Breaststroke | 45.85 | 45.20 | 257 | 22/07/23 | Winchester City Penguins Summer Scorcher 2023 | Winchester | SE231199 | 3 |
| 100 Breaststroke | 1:40.15 | 1:38.90 | 262 | 20/01/24 | Surrey Age Group Championships 2024 | Guildford | SE240476 | 1 |
| 50 Butterfly | 32.96 | 32.40 | 407 | 04/02/24 | Surrey Age Group Championships 2024 | Guildford | SE240477 | 1 |
| 100 Butterfly | 1:16.58 | 1:15.60 | 380 | 03/02/24 | Surrey Age Group Championships 2024 | Guildford | SE240477 | 1 |
| 50 Backstroke | 33.16 | 32.50 | 531 | 27/04/24 | SE South East Region LC Championships 2024 | Winchester | SE240685 | 1 |
| 100 Backstroke | 1:14.19 | 1:13.10 | 461 | 21/01/24 | Surrey Age Group Championships 2024 | Guildford | SE240476 | 1 |
| 200 Backstroke | 2:44.04 | 2:42.00 | 423 | 04/02/24 | Surrey Age Group Championships 2024 | Guildford | SE240477 | 1 |
| 200 Individual Medley | 3:01.46 | 2:59.30 | 335 | 23/07/23 | Winchester City Penguins Summer Scorcher 2023 | Winchester | SE231199 | 3 |

Short Course

| Stroke | SC Time | Converted to LC | SC WA Pts | Date | Meet | Venue | License | Level |
|-----------------------|----------|-----------------|-----------|----------|--|------------------|----------|-------|
| 50 Freestyle | 30.24 | 30.90 | 435 | 21/05/23 | Woking SC Octopus Meet 2023 | Woking | SE230724 | 3 |
| 100 Freestyle | 1:07.23 | 1:08.50 | 417 | 19/05/24 | Woking SC Octopus Meet 2024 | Woking | SE240809 | 3 |
| 200 Freestyle | 2:34.69 | 2:36.90 | 362 | 02/07/23 | Woking SC Club Champs 2023 | Woking | SE231096 | 4 |
| 400 Freestyle | 5:20.15 | 5:24.50 | 377 | 13/01/24 | Kingston Royals New Year County Qualifier Meet 202 | Walton-on-Thames | LR240112 | 3 |
| 800 Freestyle | 11:43.46 | 11:51.60 | 312 | 10/06/23 | Kingston, Woking & Elmbridge Inter-club Champs 23 | Walton-on-thames | LR231281 | 4 |
| 50 Breaststroke | 42.36 | 43.10 | 300 | 07/01/24 | Last Chance County Qualifier 2024 | Haslemere | SE240165 | 3 |
| 100 Breaststroke | 1:33.49 | 1:34.80 | 296 | 06/01/24 | Last Chance County Qualifier 2024 | Godalming | SE240201 | 3 |
| 200 Breaststroke | 3:19.32 | 3:22.00 | 307 | 04/07/23 | Woking SC Club Champs 2023 | Woking | SE231097 | 4 |
| 50 Butterfly | 36.60 | 37.10 | 295 | 11/12/22 | Woking SC December Dasher Meet 2022 | Woking | SE222149 | 3 |
| 100 Butterfly | 1:16.30 | 1:17.30 | 355 | 21/04/24 | SE South East Region LC Championships 2024 | Crawley | SE240684 | 2 |
| 200 Butterfly | 3:21.44 | 3:23.00 | 209 | 02/07/23 | Woking SC Club Champs 2023 | Woking | SE231096 | 4 |
| 50 Backstroke | 34.35 | 34.90 | 397 | 29/06/24 | Leatherhead End of Season Open Meet 2024 | Walton-on-Thames | SE240637 | 3 |
| 100 Backstroke | 1:11.19 | 1:12.30 | 458 | 20/04/24 | SE South East Region LC Championships 2024 | Crawley | SE240684 | 2 |
| 200 Backstroke | 2:49.25 | 2:51.20 | 347 | 10/12/23 | Woking SC December Dasher 2023 | Woking | SE232412 | 3 |
| 200 Individual Medley | 2:50.02 | 2:52.30 | 368 | 06/01/24 | Last Chance County Qualifier 2024 | Godalming | SE240201 | 3 |
| 400 Individual Medley | 5:57.49 | 6:02.40 | 380 | 19/03/24 | Woking SC Club Champs 2024 | Woking | SE240682 | 4 |
| 100 Individual Medley | 1:21.63 | 1:21.60 | 331 | 21/05/23 | Woking SC Octopus Meet 2023 | Woking | SE230724 | 3 |