

Individual Best Times (All Time)

Henry Allsop - (1472286) - Exeter City Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	34.14	33.50	229	03/04/22	Plymouth Leander Last Chance Regional Qualifier 22	Plymouth	SW220511	3
100 Freestyle	1:11.60	1:10.40	280	02/04/23	City Of Bristol L1 International Open Meet 2023	Hengrove Park	SW230329	1
50 Butterfly	33.64	33.10	290	12/03/23	PL Early Spring National Qualifier L1 Meet 2023	Plymouth	SW230453	1
100 Butterfly	1:14.74	1:13.70	289	01/04/23	City Of Bristol L1 International Open Meet 2023	Hengrove Park	SW230329	1
50 Backstroke	37.06	36.50	256	19/03/23	Tiger Bay Open Meet 2023	Cardiff	WL230295	3
100 Backstroke	1:14.96	1:13.90	326	22/04/23	SE South West Summer Regional Championships 2023	Millfield	SW230522	1
200 Backstroke	2:39.25	2:37.10	347	14/05/23	SE South West Summer Regional Championships 2023	Hengrove	SW230524	1
200 Individual Medley	2:51.00	2:48.70	296	02/04/23	City Of Bristol L1 International Open Meet 2023	Hengrove Park	SW230329	1
400 Individual Medley	6:06.95	6:02.10	288	17/01/23	Devon County Championships 2023	Plymouth	SW230242	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	39.94	40.50	128	26/10/20	Exeter City	Exeter School	LEX403	0
100 Freestyle	1:04.89	1:06.20	329	22/06/24	Exeter City Club Championships 2024	Exeter	SW241138	4
200 Freestyle	3:28.22	3:29.90	108	13/06/21	Exeter City	Exeter School	LEX1897	0
50 Breaststroke	54.19	54.80	97	26/10/20	Exeter City	Exeter School	LEX403	0
50 Butterfly	33.25	33.80	279	22/06/24	Exeter City Club Championships 2024	Exeter	SW241138	4
100 Butterfly	1:15.16	1:16.20	256	08/10/23	Exeter City Lyndsay Powell Memorial Meet 2023	Plymouth	SW231387	2
50 Backstroke	34.12	34.70	272	08/10/23	Exeter City Lyndsay Powell Memorial Meet 2023	Plymouth	SW231387	2
100 Backstroke	1:10.25	1:11.40	325	22/06/24	Exeter City Club Championships 2024	Exeter	SW241138	4
200 Backstroke	2:31.43	2:33.60	339	22/06/24	Exeter City Club Championships 2024	Exeter	SW241138	4
200 Individual Medley	2:34.02	2:36.60	360	22/06/24	Exeter City Club Championships 2024	Exeter	SW241138	4
400 Individual Medley	6:06.20	6:11.00	263	14/11/22	Exeter City SC 400m Time Trials 2022	Exeter	SW222155	4
100 Individual Medley	1:17.95	1:18.00	252	08/10/23	Exeter City Lyndsay Powell Memorial Meet 2023	Plymouth	SW231387	2