

Individual Best Times (All Time)

Henry Bruce - (1502603) - East Grinstead Swimming Club

Long Course

| Stroke | LC Time | Converted to SC | LC WA Pts | Date | Meet | Venue | Licence | Level |
|----------------|---------|-----------------|-----------|----------|-------------------------------------|---------|----------|-------|
| 50 Freestyle | 35.50 | 34.90 | 204 | 09/07/23 | ESSA Summer Open Championships 2023 | Crawley | SE230715 | 3 |
| 100 Freestyle | 1:26.73 | 1:25.80 | 157 | 02/07/22 | English Schools SA Summer Open Meet | Crawley | SE220702 | 3 |
| 50 Backstroke | 41.18 | 40.70 | 187 | 03/07/22 | English Schools SA Summer Open Meet | Crawley | SE220702 | 3 |
| 100 Backstroke | 1:34.05 | 1:33.20 | 165 | 02/07/22 | English Schools SA Summer Open Meet | Crawley | SE220702 | 3 |

Short Course

| Stroke | SC Time | Converted to LC | SC WA Pts | Date | Meet | Venue | License | Level |
|-----------------------|---------|-----------------|-----------|----------|--------------------------------------|--------------|----------|-------|
| 50 Freestyle | 34.99 | 35.60 | 191 | 16/10/22 | Cranleigh ASC Oct 2022 Open Meet | Cranleigh | SE221719 | 3 |
| 100 Freestyle | 1:37.04 | 1:37.90 | 98 | 13/06/21 | Cranleigh | Cranleigh | LEX1892 | 0 |
| 200 Freestyle | 3:12.37 | 3:14.20 | 137 | 02/10/22 | Cranleigh Club Championship | Cranleigh | SE221720 | 4 |
| 50 Breaststroke | 49.79 | 50.40 | 125 | 13/11/22 | Cranleigh Club Championship | Cranleigh | SE221721 | 4 |
| 100 Breaststroke | 1:57.67 | 1:58.70 | 103 | 17/10/21 | Cranleigh SC Club Championships 2021 | Cranleigh | SE211197 | 4 |
| 50 Backstroke | 41.72 | 42.20 | 148 | 29/10/22 | Hart SC Autumn Open Meet 2022 | Hart Leisure | SE221836 | 3 |
| 100 Backstroke | 1:34.87 | 1:35.70 | 132 | 22/05/22 | Cranleigh ASC Summer Open Meet | Cranleigh | SE220791 | 3 |
| 100 Individual Medley | 1:36.63 | 1:36.60 | 132 | 02/10/22 | Cranleigh Club Championship | Cranleigh | SE221720 | 4 |