

# Individual Best Times (All Time)

Henry Oakes - (1527491) - Harlow Penguin SC

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	56.00	56.40	46	20/11/22	British Down Syndrome Swimming Championships	Crawley	SE220866	3
100 Freestyle	2:16.25	2:16.90	35	19/11/23	British Down Syndrome Swimming Championships 2023	Crawley	ER231811	3
50 Backstroke	1:09.91	1:10.20	31	21/10/23	Cheshunt SC 18th Annual Autumn Open Meet 2023	Harlow	ER230464	3