

Individual Best Times (All Time)

Lily Henderson - (1632610) - Newcastle SwimTeam

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	37.97	37.40	240	18/02/24	Northumberland & Durham SA County Championships 24	Sunderland	NE240248	1
100 Freestyle	1:26.70	1:25.70	212	03/02/24	Northumberland & Durham SA County Championships 24	Sunderland	NE240247	1
200 Freestyle	3:05.71	3:03.80	224	17/02/24	Northumberland & Durham SA County Championships 24	Sunderland	NE240248	1
400 Freestyle	6:35.34	6:31.80	211	04/02/24	Northumberland & Durham SA County Championships 24	Sunderland	NE240247	1
50 Backstroke	43.82	43.40	230	17/02/24	Northumberland & Durham SA County Championships 24	Sunderland	NE240248	1
100 Backstroke	1:39.39	1:38.60	191	17/02/24	Northumberland & Durham SA County Championships 24	Sunderland	NE240248	1
200 Individual Medley	3:55.30	3:53.60	153	02/07/23	City of Sunderland ASC Summer Splash 2023	Sunderland	NE231255	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	37.90	38.40	221	14/01/24	Newcastle Swim Team County Qualifier Meet 2024	Tynemouth	NE240119	3
100 Freestyle	1:24.02	1:25.00	213	15/06/24	Newcastle 10 Yr Anniversary Summer Sprint Meet 24	North Shields	NE241177	3
200 Freestyle	3:03.09	3:05.00	218	24/03/24	Tynemouth ASC NER Qualifier	Tynemouth	NE240406	3
400 Freestyle	6:31.31	6:34.90	206	26/11/23	Tynemouth ASC Autumn Meet 2023	Tynemouth	NE231810	3
50 Breaststroke	54.07	54.70	144	15/06/24	Newcastle 10 Yr Anniversary Summer Sprint Meet 24	North Shields	NE241177	3
100 Breaststroke	2:07.09	2:08.10	118	16/04/23	Chester Le Street ASC Open Meet 2023	Chester le Street	NE231071	3
200 Breaststroke	4:37.88	4:39.80	113	19/03/23	Durham City Aquatics Not the Valentine Gala 2023	Durham	NE230263	3
50 Butterfly	47.15	47.60	138	15/06/24	Newcastle 10 Yr Anniversary Summer Sprint Meet 24	North Shields	NE241177	3
100 Butterfly	1:57.62	1:58.30	97	15/04/23	Chester Le Street ASC Open Meet 2023	Chester le Street	NE231071	3
50 Backstroke	44.08	44.50	187	26/05/24	South Tyneside 2024 Spring Meet	South Shields	NE240614	3
100 Backstroke	1:32.32	1:33.20	210	24/03/24	Tynemouth ASC NER Qualifier	Tynemouth	NE240406	3
200 Backstroke	3:20.45	3:22.10	208	06/04/24	Chester-le-street Open Meet 2024	Chester le Street	NE240794	3
200 Individual Medley	3:32.49	3:34.30	188	25/05/24	South Tyneside 2024 Spring Meet	South Shields	NE240614	3
100 Individual Medley	1:38.70	1:38.70	187	26/05/24	South Tyneside 2024 Spring Meet	South Shields	NE240614	3