

# Individual Best Times (All Time)

Henry Bland - (230890) - City of Cardiff

## Long Course

| Stroke         | LC Time | Converted to SC | LC WA Pts | Date     | Meet                                  | Venue      | Licence  | Level |
|----------------|---------|-----------------|-----------|----------|---------------------------------------|------------|----------|-------|
| 50 Freestyle   | 23.35   | 22.40           | 718       | 31/07/18 | Swim England National Summer Meet     | Sheffield  | ENG009   | 1     |
| 50 Butterfly   | 24.34   | 23.60           | 765       | 29/07/18 | British Summer Championships          | Sheffield  | BSW006   | 1     |
| 50 Backstroke  | 27.79   | 27.10           | 608       | 06/02/16 | Northumberland & Durham County Champs | Sunderland | NE160071 | 1     |
| 100 Backstroke | 1:10.73 | 1:09.60         | 388       | 02/10/10 | Robin Hood 30th Open Meet             | Sheffield  | EM0277   | 1     |
| 200 Backstroke | 2:56.87 | 2:55.00         | 253       | 09/12/06 | Sheffield Winter Open                 | Sheffield  | NE6080   | 1     |

## Short Course

| Stroke                | SC Time | Converted to LC | SC WA Pts | Date     | Meet   | Venue      | License  | Level |
|-----------------------|---------|-----------------|-----------|----------|--|------------|----------|-------|
| 50 Freestyle          | 23.16   | 24.00           | 659       | 17/12/15 | ASA Winter Meet                              | Sheffield  | ASA146   | 2     |
| 100 Freestyle         | 56.84   | 58.30           | 490       | 17/12/11 | Nottinghamshire County Youth & Senior Gala   | Nottingham | EM1611   | 2     |
| 200 Freestyle         | 2:21.09 | 2:23.50         | 349       | 20/03/10 | Nottinghamshire County Champs                | Mansfield  | CC0103   | 2     |
| 50 Butterfly          | 24.73   | 25.50           | 680       | 01/12/18 | Swim Wales Short Course Championships        | Swansea    | WL180060 | 2     |
| 100 Butterfly         | 57.71   | 59.00           | 567       | 14/11/15 | BUCS Short Course Championships              | Sheffield  | NE151867 | 2     |
| 50 Backstroke         | 26.43   | 27.20           | 585       | 22/11/15 | ASANER Regional Senior & Youth Championships | Sunderland | NE151550 | 2     |
| 100 Backstroke        | 1:03.46 | 1:04.70         | 441       | 01/04/12 | Worksop Dolphins Spring Qualifier            | Worksop    | EM2192   | 3     |
| 200 Backstroke        | 2:35.47 | 2:37.60         | 313       | 28/02/09 | Nottinghamshire Champs                       | Mansfield  | CC9095   | 2     |
| 200 Individual Medley | 3:14.92 | 3:16.90         | 177       | 11/02/06 | Nottinghamshire Champs                       | Nottingham | CC6099   | 2     |
| 100 Individual Medley | 1:07.61 | 1:07.60         | 387       | 19/03/11 | Nottinghamshire County Championships         | Mansfield  | CC1074   | 2     |