

Individual Best Times (All Time)

Henry MacKenzie - (450522) - Warrender Baths Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	24.86	24.00	595	05/04/14	Scottish Gas National Open Championships	Glasgow	SCO825	1
100 Freestyle	53.53	52.00	670	05/04/15	Scottish National Age Group Championships	Aberdeen	SCO959	1
200 Freestyle	1:57.19	1:54.20	659	26/07/15	Scottish Summer Meet 2015	Edinburgh	SCO100	1
400 Freestyle	4:11.93	4:06.30	666	03/04/15	Scottish National Age Group Championships	Aberdeen	SCO959	1
800 Freestyle	9:04.38	8:53.70	572	13/04/13	SG National Age Group Championships	Edinburgh	SCO710	1
1500 Freestyle	17:08.10	16:47.90	608	10/04/13	SG National Age Group Championships	Edinburgh	SCO710	1
50 Breaststroke	34.00	33.10	444	22/01/16	East District Age Group Championships	Edinburgh	SCO1071	1
100 Breaststroke	1:18.29	1:16.70	383	07/08/14	Swim Wales Summer Nationals 2014	Swansea	WAL585	1
50 Butterfly	26.07	25.30	623	01/04/15	Scottish National Age Group Championships	Aberdeen	SCO959	1
100 Butterfly	58.05	56.70	618	26/06/14	Scottish Gas National Age Groups 2014	Aberdeen	SCO867	1
200 Butterfly	2:13.23	2:10.80	568	03/04/14	Scottish Gas National Open Championships	Glasgow	SCO825	1
50 Backstroke	28.43	27.70	568	25/07/15	Scottish Summer Meet 2015	Edinburgh	SCO100	1
100 Backstroke	1:02.63	1:01.30	559	04/04/14	Scottish Gas National Open Championships	Glasgow	SCO825	1
200 Backstroke	2:14.97	2:12.50	570	02/08/14	Swim Wales Summer Nationals 2014	Swansea	WAL585	1
200 Individual Medley	2:17.18	2:14.30	573	03/08/14	Swim Wales Summer Nationals 2014	Swansea	WAL585	1
400 Individual Medley	5:02.61	4:56.80	514	08/02/14	Aquae Sulis Spring Grand Prix 2014	Bristol	SW4019	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	24.08	24.90	586	14/11/15	SASA North District Grand Prix 2015	Inverness	SCO1042	1
100 Freestyle	52.21	53.80	633	15/11/15	SASA North District Grand Prix 2015	Inverness	SCO1042	1
200 Freestyle	1:54.76	1:57.70	649	14/12/14	Scottish National Short Course Champs	Edinburgh	SCO921	1
400 Freestyle	4:06.90	4:12.50	635	01/11/14	East District Age Group Championships	Fife	SCO896	2
800 Freestyle	9:50.48	10:00.20	423	19/06/11	Aquanauts Livingston 10th Graded Meet	Bathgate	SCO532	2
1500 Freestyle	16:50.40	17:10.60	588	15/12/12	Scottish Gas National SC Championships	Edinburgh	SCO681	1
50 Breaststroke	32.24	33.20	463	15/06/14	Cumbernauld Summer Open 2014	Cumbernauld	SCO861	2
100 Breaststroke	1:14.25	1:15.90	412	22/03/14	Glenrothes Spring Meet 2014	Glenrothes	SCO853	2
200 Breaststroke	2:46.46	2:49.60	376	21/09/14	Warrender 200's Championships	Edinburgh	SCO888	2
50 Butterfly	25.61	26.30	612	13/11/15	SASA North District Grand Prix 2015	Inverness	SCO1042	1
100 Butterfly	57.35	58.70	578	14/11/15	SASA North District Grand Prix 2015	Inverness	SCO1042	1
200 Butterfly	2:07.07	2:09.50	594	03/12/13	SASA East District Age Groups Round 2	Glenrothes	SCO792	1
50 Backstroke	27.59	28.30	514	12/12/15	Scottish National Short Course Meet	Edinburgh	SCO1057	1
100 Backstroke	59.13	1:00.50	546	15/11/15	SASA North District Grand Prix 2015	Inverness	SCO1042	1
200 Backstroke	2:10.57	2:13.10	529	29/11/15	East District Age Group Championships	Glenrothes	SCO1051	1
200 Individual Medley	2:20.55	2:23.30	474	09/11/13	Ren 96 Open Meet	Linwood	SCO794	2
400 Individual Medley	4:43.19	4:49.30	570	02/11/14	East District Age Group Championships	Fife	SCO896	2
100 Individual Medley	1:02.67	1:02.70	486	22/03/14	Glenrothes Spring Meet 2014	Glenrothes	SCO853	2