

Individual Best Times (All Time)

Henry Maher - (533544) - Epping Forest Dist SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	25.26	24.40	567	30/01/11	East, East Midland & West Midland Zonal	Corby	ZM1134	1
100 Freestyle	56.44	54.90	572	05/05/12	ASA East Region Youth Championships	Basildon	ERX203	1
200 Freestyle	2:02.48	1:59.60	577	29/01/12	ASA Central Zone Meet	Corby	ZM2130	1
100 Breaststroke	1:30.67	1:29.30	246	29/11/08	Sheffield B Grade Open	Sheffield	NE8302	2
50 Butterfly	27.51	26.80	530	02/02/19	ESSEX AGE GROUP CHAMPS 2019	LONDON	ER190209	1
100 Butterfly	1:03.78	1:02.60	466	26/11/11	Essex ASA Winter LC Championships	Basildon	ER1632	1
50 Backstroke	29.80	29.10	493	27/11/11	Essex ASA Winter LC Championships	Basildon	ER1632	1
100 Backstroke	1:05.79	1:04.60	482	09/04/11	Bexley Long Course Open Meet	Crystal Palace	LR1012	1
200 Individual Medley	2:20.52	2:17.70	533	30/04/11	BG East Region Championships	Norwich	ERX115	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	24.62	25.40	549	18/02/12	Essex County Age Group Championships	Basildon	CC2058	2
100 Freestyle	54.14	55.70	568	13/09/12	EFDSC Club Championships	Loughton	ER2404	4
200 Freestyle	1:59.44	2:02.30	575	03/12/11	BG East Region Winter Championships	Norwich	ERX129	2
400 Freestyle	4:34.20	4:39.30	463	24/06/15	Epping Forest District 2015 Club Championships	Loughton	ER151111	4
800 Freestyle	9:47.20	9:57.00	430	15/10/09	Epping Forest Club Champs	Loughton	ER9281	4
1500 Freestyle	17:57.83	18:16.80	485	13/10/11	Epping Forest District SC Club Championshi	Loughton	ER1314	4
50 Breaststroke	35.35	36.20	351	13/11/11	Epping Forest District November Gala	Loughton	ER1313	3
100 Breaststroke	1:23.58	1:25.10	289	25/11/10	Epping Forest Club Champs	Loughton	ER0293	4
200 Breaststroke	2:50.55	2:53.60	349	25/09/11	Epping Forest District SC Club Championshi	Loughton	ER1314	4
50 Butterfly	26.44	27.10	556	23/03/13	Essex County Age Group Championships	Basildon	CC3021	2
100 Butterfly	1:01.84	1:03.10	461	27/03/11	Essex County Championships	Braintree	CC1060	2
200 Butterfly	2:18.57	2:20.80	458	31/03/12	Essex County Championships	Basildon	CC2061	2
50 Backstroke	29.21	29.90	433	19/02/12	Essex County Age Group Championships	Basildon	CC2058	2
100 Backstroke	1:03.57	1:04.80	439	24/05/12	EFDSC Club Championships	Loughton	ER2404	4
200 Backstroke	2:17.69	2:20.10	451	20/02/11	Essex County Championships	Southend	CC1058	2
200 Individual Medley	2:16.33	2:19.20	520	19/02/12	Essex County Age Group Championships	Basildon	CC2058	2
400 Individual Medley	5:01.50	5:07.30	472	24/05/12	EFDSC Club Championships	Loughton	ER2404	4
100 Individual Medley	1:02.78	1:02.80	483	24/05/12	EFDSC Club Championships	Loughton	ER2404	4