

# Individual Best Times (All Time)

Henry Willis - (716558) - Tynemouth SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	26.49	25.70	491	07/02/16	Northumberland & Durham County Champs	Sunderland	NE160072	1
100 Freestyle	55.66	54.10	596	14/05/16	City of Sheffield Swim Squad No Frills Meet	Sheffield	NE160209	1
200 Freestyle	2:00.33	1:57.40	609	09/04/16	Richmond Dales Open Meet	Leeds	NE160001	1
400 Freestyle	4:14.81	4:09.30	644	30/04/16	ASANER Regional Championships 2016	Sunderland	NE160065	1
1500 Freestyle	16:59.01	16:38.60	624	02/08/16	ASA Summer Nationals 2016	Sheffield	ASA149	1
50 Breaststroke	44.06	43.30	204	02/02/14	NDSA Championships	Sunderland	CC4064	1
50 Butterfly	27.30	26.60	542	21/01/17	City of Sunderland SC New Year Meet 2017	Sunderland	NE170490	1
100 Butterfly	1:03.33	1:02.10	476	09/07/16	City of Sunderland Summer Splash 2016	Sunderland	NE160857	3
200 Butterfly	2:54.49	2:52.70	252	12/01/14	City of Sunderland New Year Meet 2014	Sunderland	NE4174	1
50 Backstroke	32.98	32.40	364	17/01/16	City of Sunderland New Year Meet	Sunderland	NE160356	1
100 Backstroke	1:09.09	1:07.90	416	16/01/16	City of Sunderland New Year Meet	Sunderland	NE160356	1
200 Backstroke	2:41.44	2:39.40	333	08/03/14	Northumberland & Durham SA County Champs	Sunderland	CC4066	1
200 Individual Medley	2:21.45	2:18.60	523	22/01/17	City of Sunderland SC New Year Meet 2017	Sunderland	NE170490	1
400 Individual Medley	5:47.35	5:42.20	340	11/01/14	City of Sunderland New Year Meet 2014	Sunderland	NE4174	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	25.84	26.60	474	22/11/15	ASANER Regional Senior & Youth Championships	Sunderland	NE151550	2
100 Freestyle	54.20	55.70	566	19/11/16	Stockport Metro November Open Meet	Stockport	NW160710	2
200 Freestyle	1:56.21	1:59.10	625	16/12/16	ASA Winter Meet 2016	Sheffield	ASA153	2
400 Freestyle	4:06.55	4:12.20	638	05/11/16	ASA North East Region Senior Junior Champs	Sunderland	NE162070	2
1500 Freestyle	17:48.42	18:07.50	498	09/10/15	Tynemouth ASC Autumn NER Qualifier	Tynemouth	NE151452	3
50 Breaststroke	37.60	38.40	292	10/10/15	Tynemouth ASC Autumn NER Qualifier	Tynemouth	NE151452	3
100 Breaststroke	1:21.64	1:23.20	310	24/09/16	Newcastle Swim Team Club Championships	Gateshead	NE162059	4
200 Breaststroke	3:47.23	3:49.60	147	13/11/12	Tynemouth Club Championships	Tynemouth	NE2671	4
50 Butterfly	26.97	27.70	524	08/10/16	City of Sunderland Short Course Qualifier	Sunderland	NE162066	2
100 Butterfly	1:00.90	1:02.10	482	09/10/16	City of Sunderland Short Course Qualifier	Sunderland	NE162066	2
200 Butterfly	2:48.39	2:50.30	255	27/10/13	Middlesbrough Halloween Open	Middlesbrough	NE3183	2
50 Backstroke	32.66	33.30	310	18/10/14	Tynemouth ASC Autumn Gala	Tynemouth	NE14444	3
100 Backstroke	1:04.97	1:06.20	411	24/10/15	Middlesbrough Halloween Open Meet	Middlesbrough	NE151817	2
200 Backstroke	2:31.38	2:33.60	339	15/11/14	Borough Of Stockton Swim Scheme Meet	Billingham	NE14131	3
200 Individual Medley	2:19.76	2:22.50	482	12/12/15	Tynemouth Club Championships	Tynemouth	NE150822	4
400 Individual Medley	5:48.90	5:53.90	304	20/10/13	Tynemouth ASC Autumn Gala	Tynemouth	NE3828	3
100 Individual Medley	1:10.77	1:10.80	337	10/05/14	Tynemouth ASC Open Sprints & Teams	Tynemouth	NE4312	3