

Individual Best Times (All Time)

Shona Mckenna - (792249) - Hemel Hempstead SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.23	27.50	584	05/05/18	East Swimming Long Course Championships 2018	Norwich	ER180213	1
100 Freestyle	1:02.56	1:01.20	564	01/07/18	Scottish National Open Championships	Tollcross	SCO1495	1
200 Freestyle	2:19.41	2:16.90	530	11/03/18	WDSC Long Course Premier Open Meet	Wycombe	SE180159	1
50 Breaststroke	38.85	38.00	422	11/03/18	WDSC Long Course Premier Open Meet	Wycombe	SE180159	1
100 Breaststroke	1:25.28	1:23.80	425	25/03/17	Guildford City Springboard Level 1 Open Meet	Surrey	SE170124	1
50 Butterfly	33.87	33.30	375	11/03/18	WDSC Long Course Premier Open Meet	Wycombe	SE180159	1
50 Backstroke	33.89	33.30	497	30/05/16	ASA East Region Long Course Championships	Luton	ER160821	1
100 Backstroke	1:13.79	1:12.70	468	01/05/17	ASA East Long Course Championships	Luton	ER170219	1
200 Backstroke	2:37.75	2:35.60	475	29/04/17	ASA East Long Course Championships	Luton	ER170219	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.81	28.50	560	09/12/18	Hemel Hempstead Alan Doyle Memorial Sprint Meet	Hemel Hempstead	ER180888	3
100 Freestyle	59.95	1:01.30	588	09/12/17	NASL - London Rounds 2017 - Division 1 & 2	Hertfordshire	ER172132	3
200 Freestyle	2:14.13	2:16.70	556	02/07/17	Hemel Hempstead Club Championships	Hemel Hempstead	ER171345	4
400 Freestyle	4:52.86	4:57.60	492	13/11/16	Watford & Hemel Hempstead Club Champs	Hemel Hempstead	ER162493	3
800 Freestyle	10:09.01	10:18.40	481	15/11/17	Watford & Hemel Hempstead Joint Club Champs	Watford	ER171356	3
50 Breaststroke	36.94	37.80	452	17/12/17	Hillingdon Winter Short Course Open Meet 2017	Hillingdon	LR172525	3
100 Breaststroke	1:22.22	1:23.70	436	11/12/16	Team Luton 2016 Winter Development Meet	Luton	ER160863	3
200 Breaststroke	3:00.01	3:02.90	417	08/10/17	Hemel Hempstead Birthday Open	Hemel Hempstead	ER170859	3
50 Butterfly	32.22	32.80	433	09/12/18	Hemel Hempstead Alan Doyle Memorial Sprint Meet	Hemel Hempstead	ER180888	3
100 Butterfly	1:26.67	1:27.50	242	18/01/15	2nd Hoddesdon County Qualifier Open Meet	Borehamwood	ER150005	3
200 Butterfly	3:02.67	3:04.40	280	23/09/17	Hemel Hempstead 200 Fly Fest	Hemel Hempstead	ER171353	3
50 Backstroke	32.32	32.90	476	05/11/16	East Swimming 2016 SC Championships	Luton	ER161979	2
100 Backstroke	1:09.41	1:10.60	494	11/11/17	NASL - London Rounds 2017 - Division 1 & 2	Luton	ER172127	3
200 Backstroke	2:32.81	2:35.00	471	11/12/16	Team Luton 2016 Winter Development Meet	Luton	ER160863	3
200 Individual Medley	2:34.09	2:36.60	494	16/06/19	Hemel Hempstead Club Championships 2019	Hemel Hempstead	ER192177	4
400 Individual Medley	5:42.57	5:47.70	431	22/06/17	Hemel Hempstead Club Championships	Hemel Hempstead	ER171344	4
100 Individual Medley	1:10.79	1:10.80	508	17/06/19	Hemel Hempstead Club Championships 2019	Hemel Hempstead	ER192178	4