

Individual Best Times (All Time)

Rachael Mchenery - (913216) - Tadcaster York Sport Swim Squad

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.36	29.70	470	24/02/18	Yorkshire County Championships	Sheffield	NE180137	1
100 Freestyle	1:08.54	1:07.30	429	02/12/17	Borough of Barnsley 22nd Christmas Sprint	Sheffield	NE171818	3
200 Freestyle	2:30.39	2:28.10	422	10/01/16	City of Leeds New Year Meet 2016	Leeds	NE160165	3
400 Freestyle	5:12.26	5:07.70	428	08/01/17	City of Leeds New Year Meet 2017	Leeds	NE170154	3
50 Butterfly	34.83	34.30	345	02/12/17	Borough of Barnsley 22nd Christmas Sprint	Sheffield	NE171818	3
100 Butterfly	1:33.70	1:32.90	207	17/11/12	Sheffield City 24th Annual B Grade Meet	Sheffield	NE2383	3
50 Backstroke	33.62	33.00	509	05/05/18	North East Region Championships	Sheffield	NE180150	1
100 Backstroke	1:13.36	1:12.30	477	06/05/18	North East Region Championships	Sheffield	NE180150	1
200 Backstroke	2:48.11	2:46.10	393	08/01/17	City of Leeds New Year Meet 2017	Leeds	NE170154	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.34	30.00	477	14/07/18	Rotherham Metro A & B Grade SC	Sheffield	NE180245	3
100 Freestyle	1:06.37	1:07.60	434	24/09/16	York City Baths Autumn Swim Extravaganza	Leeds	NE161208	3
200 Freestyle	2:22.42	2:24.80	464	24/09/16	York City Baths Autumn Swim Extravaganza	Leeds	NE161208	3
400 Freestyle	5:00.73	5:05.40	454	07/01/18	City of Leeds New Year Meet 2018	Leeds	NE180081	3
50 Butterfly	34.01	34.60	368	17/06/17	Viking Sprints 2017	Leeds	NE170620	3
50 Backstroke	32.34	33.00	475	22/10/17	Yorkshire SA Winter Competition	Sheffield	NE171863	2
100 Backstroke	1:10.02	1:11.20	481	14/07/18	Rotherham Metro A & B Grade SC	Sheffield	NE180245	3
200 Backstroke	2:37.05	2:39.20	434	07/01/18	City of Leeds New Year Meet 2018	Leeds	NE180081	3
100 Individual Medley	1:25.73	1:25.70	286	30/09/12	Doncaster Dartes September Sprints Meet	Doncaster	NE2637	3