

Individual Best Times (All Time)

Keady Heanen - (927759) - Ealing SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.75	29.00	499	15/04/17	UEA City of Norwich Easter LC Meet	Norwich	ER170310	1
100 Freestyle	1:05.78	1:04.50	485	26/03/17	MCASA Open Meet	London	LR170009	1
200 Freestyle	2:21.26	2:18.80	509	25/03/17	MCASA Open Meet	London	LR170009	1
400 Freestyle	5:04.75	5:00.10	460	12/03/16	City of Cardiff Tiger Bay Meet	Cardiff	WL160202	3
50 Breaststroke	44.67	44.00	278	17/07/16	Portsmouth Northsea End of Season Meet	Portsmouth	SE160364	3
100 Breaststroke	1:32.19	1:30.80	336	27/05/16	City of Cardiff Open Meet	Cardiff	WL160446	1
200 Breaststroke	3:12.47	3:09.70	364	17/07/16	Portsmouth Northsea End of Season Meet	Portsmouth	SE160364	3
50 Butterfly	34.61	34.10	351	28/05/16	City of Cardiff Open Meet	Cardiff	WL160446	1
100 Butterfly	1:20.62	1:19.70	325	25/03/17	MCASA Open Meet	London	LR170009	1
50 Backstroke	39.10	38.60	324	16/07/16	Portsmouth Northsea End of Season Meet	Portsmouth	SE160364	3
100 Backstroke	1:25.47	1:24.50	301	08/05/16	Portsmouth Northsea LC Sprint Meet 2016	Portsmouth	SE160454	3
200 Individual Medley	2:51.52	2:49.20	397	16/07/16	Portsmouth Northsea End of Season Meet	Portsmouth	SE160364	3
400 Individual Medley	6:05.78	6:00.90	384	13/03/16	City of Cardiff Tiger Bay Meet	Cardiff	WL160202	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.31	30.00	478	05/11/16	London Region Winter Championships	Stratford	LR162227	2
100 Freestyle	1:04.63	1:05.90	470	18/12/16	Hillingdon Winter Short Course Open Meet	Uxbridge	LR161927	3
200 Freestyle	2:21.21	2:23.60	476	17/12/16	Hillingdon Winter Short Course Open Meet	Uxbridge	LR161927	3
400 Freestyle	5:04.86	5:09.40	436	27/11/16	City of Oxford L3 November Meet	Oxford	SE161774	3
800 Freestyle	11:21.70	11:30.10	343	01/03/15	MCASA Spring Development Meet	Enfield	LR150433	3
50 Breaststroke	42.09	42.80	306	27/11/16	City of Oxford L3 November Meet	Oxford	SE161774	3
100 Breaststroke	1:26.93	1:28.40	369	21/11/15	Watford November County Qualifier Open Meet	Watford	ER150604	3
200 Breaststroke	3:12.29	3:15.00	342	22/11/15	Watford November County Qualifier Open Meet	Watford	ER150604	3
50 Butterfly	34.39	34.90	356	27/11/16	City of Oxford L3 November Meet	Oxford	SE161774	3
100 Butterfly	1:19.62	1:20.60	312	30/10/16	RNSS House Club Champs	Uxbridge	LR161297	4
200 Butterfly	3:21.81	3:23.40	208	15/03/15	MCASA Spring Development Meet	Enfield	LR150434	3
50 Backstroke	38.43	38.90	283	15/03/15	MCASA Spring Development Meet	Enfield	LR150434	3
100 Backstroke	1:20.52	1:21.50	316	01/11/15	Hillingdon RNSS House Club Champs	Uxbridge	LR150687	4
200 Backstroke	2:55.94	2:57.80	308	20/01/15	Middlesex County Championships 2015	Hendon	CC150222	2
200 Individual Medley	2:46.05	2:48.40	395	18/12/16	Hillingdon Winter Short Course Open Meet	Uxbridge	LR161927	3
400 Individual Medley	5:58.49	6:03.40	376	22/10/16	City of Oxford Distance Meet	Oxford	SE161535	3
100 Individual Medley	1:18.82	1:18.80	368	21/11/15	Watford November County Qualifier Open Meet	Watford	ER150604	3