

Individual Best Times (All Time)

William Hensman - (927765) - Chesham SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.89	31.20	281	24/04/16	National Arena Swimming League 47th Cup Final	Cardiff	WL160016	1
100 Freestyle	1:08.62	1:07.40	318	07/05/16	London Region Age Grp Summer Championships	Crystal Palace	LR160415	1
200 Freestyle	2:26.88	2:24.50	334	21/05/16	London Region Summer Age Grp Championships	Crystal Palace	LR160416	1
400 Freestyle	5:09.03	5:04.40	361	08/05/16	London Region Age Grp Summer Championships	Crystal Palace	LR160415	1
50 Breaststroke	1:00.96	1:00.40	77	22/09/13	Hillingdon SC 3rd Autumn Sprints Meet	Hillingdon	LR3470	3
100 Breaststroke	1:36.29	1:35.00	206	19/07/15	Wycombe District End of Season Meet	Wycombe	SE151150	3
200 Breaststroke	3:29.69	3:27.10	214	08/05/16	London Region Age Grp Summer Championships	Crystal Palace	LR160415	1
50 Butterfly	37.58	37.10	208	16/07/16	Portsmouth Northsea End of Season Meet	Portsmouth	SE160364	3
100 Butterfly	1:33.02	1:32.20	150	19/07/15	Wycombe District End of Season Meet	Wycombe	SE151150	3
50 Backstroke	37.82	37.30	241	24/04/16	National Arena Swimming League 47th Cup Final	Cardiff	WL160016	1
100 Backstroke	1:20.16	1:19.10	266	16/07/16	Portsmouth Northsea End of Season Meet	Portsmouth	SE160364	3
200 Backstroke	2:52.38	2:50.40	273	07/05/16	London Region Age Grp Summer Championships	Crystal Palace	LR160415	1
200 Individual Medley	2:52.09	2:49.80	290	22/05/16	London Region Summer Age Grp Championships	Crystal Palace	LR160416	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.54	32.20	261	19/11/16	Guildford L2 Winter Qualifier Champs	Guildford	SE161280	2
100 Freestyle	1:02.53	1:03.90	368	08/12/19	COCA Winter Splash	Magnet LC	SE193228	3
200 Freestyle	2:22.64	2:25.10	338	20/11/16	Guildford L2 Winter Qualifier Champs	Guildford	SE161280	2
400 Freestyle	5:01.78	5:06.40	347	26/11/16	City of Oxford L3 November Meet	Oxford	SE161774	3
1500 Freestyle	20:17.91	20:34.80	336	22/10/16	City of Oxford Distance Meet	Oxford	SE161535	3
50 Breaststroke	40.43	41.20	235	08/12/19	COCA Winter Splash	Magnet LC	SE193228	3
100 Breaststroke	1:33.28	1:34.60	208	23/01/16	MCASA County Championships 2016	Barnet	LR160279	2
200 Breaststroke	3:12.64	3:15.40	242	07/12/19	COCA Winter Splash	Magnet LC	SE193228	3
50 Butterfly	37.20	37.70	199	12/07/15	Hatfield Summer Spectacle Level 3 Meet	Hatfield	ER151036	3
100 Butterfly	1:25.70	1:26.60	173	30/10/16	RNSS House Club Champs	Uxbridge	LR161297	4
200 Butterfly	3:54.15	3:55.50	95	08/03/15	Hillingdon RNSS House Club Champs	Northwood	LR150683	4
50 Backstroke	35.77	36.30	236	17/12/16	Hillingdon Winter Short Course Open Meet	Uxbridge	LR161927	3
100 Backstroke	1:16.45	1:17.50	252	23/01/16	MCASA County Championships 2016	Barnet	LR160279	2
200 Backstroke	2:42.40	2:44.40	275	30/01/16	MCASA County Championships 2016	Barnet	LR160280	2
200 Individual Medley	2:51.15	2:53.40	262	20/11/16	Guildford L2 Winter Qualifier Champs	Guildford	SE161280	2
400 Individual Medley	7:25.37	7:29.30	146	15/10/14	Hillingdon SC RNSS Club Championships 2014	Hillingdon	LR4585	4
100 Individual Medley	1:20.77	1:20.80	227	30/01/16	MCASA County Championships 2016	Barnet	LR160280	2