

Individual Best Times (All Time)

Henry Newbury-Kemp - (956205) - Watford SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.55	29.90	320	14/07/18	RTSC End of Season Open Meet 2018	London Aquatic Ctr	LR181417	3
100 Freestyle	1:02.43	1:01.10	422	26/05/19	Swim England East Region Long Course Champs 2019	UEA Sportspark	ER190179	1
200 Freestyle	2:21.83	2:19.40	371	27/05/19	Swim England East Region Long Course Champs 2019	UEA Sportspark	ER190179	1
400 Freestyle	5:01.97	4:57.30	387	26/05/19	Swim England East Region Long Course Champs 2019	UEA Sportspark	ER190179	1
50 Breaststroke	38.84	38.00	298	28/07/19	NUEL Non National Qualifiers Meet 2019	London Aquatic	LR191609	3
50 Backstroke	37.75	37.20	242	14/07/18	RTSC End of Season Open Meet 2018	London Aquatic Ctr	LR181417	3
100 Backstroke	1:12.91	1:11.80	354	25/05/19	Swim England East Region Long Course Champs 2019	UEA Sportspark	ER190179	1
200 Backstroke	2:37.45	2:35.30	359	26/05/19	Swim England East Region Long Course Champs 2019	UEA Sportspark	ER190179	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.49	28.20	394	01/11/20	Watford Swimming Club	Northwood College	LEX202	0
100 Freestyle	59.73	1:01.10	423	14/03/20	City of St Albans Spring Open Meet	St Albans	ER200475	3
200 Freestyle	2:09.37	2:12.00	453	14/03/20	City of St Albans Spring Open Meet	St Albans	ER200475	3
400 Freestyle	4:44.84	4:49.70	413	02/12/18	City Of St Albans Open Meet Winter 2018	St Albans	ER182062	3
800 Freestyle	9:52.10	10:01.80	420	06/11/19	Watford & Hemel Hempstead Club Championships 2019	Watford	ER193150	3
1500 Freestyle	19:03.76	19:21.70	405	14/11/18	Watford & Hemel Hempstead SC Joint Club Champs	Hemel Hempstead	ER182512	3
50 Breaststroke	36.81	37.70	311	18/01/20	Swim England Hertfordshire County Championships	Borehamwood	ER200120	2
100 Breaststroke	1:21.54	1:23.10	311	22/06/19	The Terry Davies Alternative Nationals	Woodside	ER190152	3
200 Breaststroke	2:59.01	3:01.90	302	17/11/19	Watford November 2019 County Qualifier	Garston	ER192687	3
50 Butterfly	36.50	37.00	211	15/09/19	Watford Club Championships 2019	Watford	ER192854	4
100 Butterfly	1:29.50	1:30.30	152	29/09/19	Watford Club Championships 2019	Watford	ER192855	4
200 Butterfly	3:26.59	3:28.10	138	21/09/19	Hemel Hempstead Swimming Club Fly Fest	Hemel Hempstead	ER192701	3
50 Backstroke	31.56	32.20	343	01/11/20	Watford Swimming Club	Northwood College	LEX202	0
100 Backstroke	1:07.98	1:09.20	359	14/03/20	City of St Albans Spring Open Meet	St Albans	ER200475	3
200 Backstroke	2:22.73	2:25.00	405	25/01/20	Swim England Hertfordshire County Championships	Borehamwood	ER200122	2
200 Individual Medley	2:35.34	2:37.90	351	12/01/20	Swim England Hertfordshire County Championships	Borehamwood	ER200118	2
400 Individual Medley	6:10.35	6:15.10	254	03/02/18	Hertfordshire County Championships 2018	Borehamwood	ER180358	2
100 Individual Medley	1:10.44	1:10.40	342	05/10/19	Harpenden Legacy Meet	Westminster	ER191861	3