

Individual Best Times (All Time)

Megan Benson - (785933) - Newham & University of East Lond

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.60	30.90	417	05/07/14	Rushmoor Royals SC Summer Open Meet	Aldershot	SE4694	3
100 Freestyle	1:10.72	1:09.50	390	14/01/12	Rushmoor Royals New Year Meet	Aldershot	SE2037	3
200 Freestyle	2:29.05	2:26.70	434	14/03/15	Hampshire County ASA Championships	Portsmouth	CC150878	1
400 Freestyle	5:08.67	5:04.10	443	15/03/15	Hampshire County ASA Championships	Portsmouth	CC150887	1
800 Freestyle	11:23.39	11:14.90	356	17/11/12	Rushmoor Royals Club Championships	Aldershot	SE2831	4
50 Butterfly	34.88	34.30	343	05/07/14	Rushmoor Royals SC Summer Open Meet	Aldershot	SE4694	3
100 Butterfly	1:16.64	1:15.60	379	14/03/15	Hampshire County ASA Championships	Portsmouth	CC150878	1
50 Backstroke	35.18	34.60	445	27/03/16	Portsmouth Northsea Easter Festival	Portsmouth	SE160363	1
100 Backstroke	1:17.25	1:16.20	408	07/02/16	Hampshire County Swimming Championships 2016	Portsmouth	SE160577	1
200 Backstroke	2:44.82	2:42.80	417	14/03/15	Hampshire County ASA Championships	Portsmouth	CC150878	1
200 Individual Medley	2:49.47	2:47.10	412	14/03/15	Hampshire County ASA Championships	Portsmouth	CC150878	1
400 Individual Medley	5:51.90	5:46.90	431	15/03/15	Hampshire County ASA Championships	Portsmouth	CC150887	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.22	31.90	396	28/09/14	Hart SC Club Championships 2014	Fleet	SE14258	4
100 Freestyle	1:08.73	1:09.90	390	21/09/14	Hart Club Chamnpionships	Fleet	SE14256	4
200 Freestyle	2:23.73	2:26.10	452	10/05/15	Hart Development Meet 2015	Fleet	SE150827	4
400 Freestyle	5:01.35	5:06.00	452	26/04/15	Atlantis Horsham 2015 Spring Open	Horsham	SE150219	3
800 Freestyle	10:43.51	10:52.40	408	13/10/16	Hart Distance Time Trial	Hart	SE162367	4
50 Breaststroke	40.80	41.60	336	20/09/15	Hart SC John Bennett Gala 2015	Fleet	SE151677	4
100 Breaststroke	1:34.26	1:35.60	289	30/06/16	Hart Club Championships	Fleet	SE161265	4
50 Butterfly	34.25	34.80	360	21/06/15	Hart Club Championships 2015	Hart	SE150943	4
100 Butterfly	1:14.86	1:15.90	376	30/11/14	Atlantis Horsham Christmas Cracker Meet	Horsham	SE4220	3
200 Butterfly	2:50.91	2:52.80	342	25/06/15	Hart Club Championships 2015	Hart	SE150944	4
50 Backstroke	34.01	34.60	409	17/10/15	Rushmoor Royals SC 12th Autumn Open Meet	Aldershot	SE151337	2
100 Backstroke	1:13.40	1:14.50	418	26/04/15	Atlantis Horsham 2015 Spring Open	Horsham	SE150219	3
200 Backstroke	2:40.86	2:42.90	404	30/06/16	Hart Club Championships	Fleet	SE161265	4
200 Individual Medley	2:40.87	2:43.30	434	13/12/15	Hart Last Chance County Qualifier	Fleet	SE151859	4
400 Individual Medley	5:42.22	5:47.30	433	28/06/15	Hart Club Championships 2015	Hart	SE150945	4
100 Individual Medley	1:15.03	1:15.00	427	10/05/15	Hart Development Meet 2015	Fleet	SE150827	4