

Individual Best Times (All Time)

Benjamin Roberts - (1122967) - Caerphilly County Swim Squad

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.36	30.70	296	30/03/19	Tiger Bay Open Meet	Cardiff	WL190020	3
100 Freestyle	1:09.37	1:08.20	308	30/03/19	Tiger Bay Open Meet	Cardiff	WL190020	3
200 Freestyle	3:04.91	3:03.00	167	24/10/15	Frome Autumn Open Meet	Millfield	SW150869	3
50 Breaststroke	44.97	44.30	192	14/07/18	Cardiff Bay Sprint Meet	Cardiff	WL181120	3
100 Breaststroke	1:52.28	1:51.10	130	14/01/17	Swim Wales New Year Pentathlon	Swansea	WL170072	3
200 Breaststroke	4:10.83	4:08.70	125	24/10/15	Frome Autumn Open Meet	Millfield	SW150869	3
50 Butterfly	39.03	38.50	185	14/07/18	Cardiff Bay Sprint Meet	Cardiff	WL181120	3
100 Butterfly	1:33.04	1:32.20	150	14/01/17	Swim Wales New Year Pentathlon	Swansea	WL170072	3
50 Backstroke	36.97	36.40	258	30/03/19	Tiger Bay Open Meet	Cardiff	WL190020	3
100 Backstroke	1:20.01	1:19.00	268	30/03/19	Tiger Bay Open Meet	Cardiff	WL190020	3
200 Backstroke	3:25.28	3:23.60	162	25/10/15	Frome Autumn Open Meet	Millfield	SW150869	3
200 Individual Medley	3:33.57	3:31.70	152	25/10/15	Frome Autumn Open Meet	Millfield	SW150869	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.02	31.70	274	24/11/18	SW South East Sub Regional Championships	Newport	WL180058	3
100 Freestyle	1:08.19	1:09.40	284	08/09/18	Caerphilly County Swim Squad Club Champs 2018	Caerphilly	WL181848	3
200 Freestyle	2:34.37	2:36.60	266	09/09/18	Caerphilly County Swim Squad Club Champs 2018	Caerphilly	WL181848	3
800 Freestyle	11:45.51	11:53.70	248	08/09/18	Caerphilly County Swim Squad Club Champs 2018	Caerphilly	WL181848	3
1500 Freestyle	23:31.50	23:46.10	215	06/09/19	Caerphilly County Swim Squad Club Championships	Caerphilly	WL192558	3
50 Breaststroke	46.51	47.20	154	07/01/18	Celtic Dolphins Sprint Meet 2018	Neath	WL180021	3
100 Breaststroke	1:35.59	1:36.90	193	07/09/18	Caerphilly County Swim Squad Club Champs 2018	Caerphilly	WL181848	3
200 Breaststroke	3:30.39	3:32.90	186	08/09/18	Caerphilly County Swim Squad Club Champs 2018	Caerphilly	WL181848	3
50 Butterfly	40.45	40.90	155	11/12/16	City of Newport Christmas Cracker	Newport	WL161579	3
100 Butterfly	1:22.50	1:23.40	194	09/09/18	Caerphilly County Swim Squad Club Champs 2018	Caerphilly	WL181848	3
200 Butterfly	3:07.73	3:09.40	184	21/10/18	Greater Gwent Fastwater Open Meet	Newport	WL181448	2
50 Backstroke	37.13	37.70	211	05/05/18	City of Newport Spring Open Meet	Newport	WL180468	2
100 Backstroke	1:20.78	1:21.80	214	09/09/18	Caerphilly County Swim Squad Club Champs 2018	Caerphilly	WL181848	3
200 Backstroke	2:48.19	2:50.20	247	20/10/18	Greater Gwent Fastwater Open Meet	Newport	WL181448	2
200 Individual Medley	2:52.78	2:55.10	255	14/04/18	SW South East No Time Gala	Newport	WL180050	3
100 Individual Medley	1:44.50	1:44.50	104	14/09/14	Caerphilly Club Championships	Caerphilly	WAL588	4