

Individual Best Times (All Time)

Ben Robinson - (1150603) - Middlesbrough SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.00	26.20	464	25/02/23	BUCS Long Course Swimming Championships 2023	Sheffield	NE230349	1
100 Freestyle	58.88	57.40	504	19/01/19	City of Sunderland New Year Meet 2019	Sunderland	NE190293	1
200 Freestyle	2:17.41	2:14.90	409	07/02/16	Northumberland & Durham County Champs	Sunderland	NE160071	1
50 Breaststroke	32.04	31.00	531	24/03/19	City of Sunderland National Qualifier 2019	Sunderland	NE190554	1
100 Breaststroke	1:11.98	1:10.20	493	23/03/19	City of Sunderland National Qualifier 2019	Sunderland	NE190554	1
200 Breaststroke	2:39.99	2:36.70	482	05/05/18	North East Region Championships	Sheffield	NE180150	1
50 Butterfly	32.66	32.10	317	16/07/16	Doncaster Dartes End of Season Long Course Meet	Leeds	NE160598	3
200 Individual Medley	2:25.55	2:22.80	480	14/01/18	City of Sunderland New Year Meet 2018	Sunderland	NE180380	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.99	27.80	416	12/11/17	Spensborough Bonfire Bash 2017	Leeds	NE170324	3
100 Freestyle	58.90	1:00.30	441	23/09/17	Billingham Autumn Meet	Billingham	NE170406	3
200 Freestyle	2:10.51	2:13.10	441	25/09/16	Billingham Autumn Meet	Billingham	NE160250	3
400 Freestyle	4:24.27	4:29.50	518	16/06/18	Middlesbrough June 2018 Meet	The Neptune Centre	NE180011	3
50 Breaststroke	31.31	32.30	506	07/12/18	Scottish National Short Course Open Swimming	Edinburgh	SCO1566	2
100 Breaststroke	1:08.09	1:09.90	535	08/12/18	Scottish National Short Course Open Swimming	Edinburgh	SCO1566	2
200 Breaststroke	2:37.72	2:41.00	442	05/11/16	ASA North East Region Senior Junior Champs	Sunderland	NE162070	2
50 Butterfly	30.93	31.50	347	12/11/17	Spensborough Bonfire Bash 2017	Leeds	NE170324	3
100 Butterfly	1:32.02	1:32.80	139	19/10/14	Durham City Medley Challenge	Durham	NE14545	3
50 Backstroke	30.86	31.50	367	04/11/18	Swim England North East Region Championships (25)	Sheffield	NE182208	2
100 Backstroke	1:15.22	1:16.30	265	20/03/16	Richmond Dales off the Blocks Gala	Billingham	NE160301	4
200 Individual Medley	2:21.41	2:24.20	465	23/09/17	Billingham Autumn Meet	Billingham	NE170406	3
100 Individual Medley	1:05.03	1:05.00	435	16/06/18	Middlesbrough June 2018 Meet	The Neptune Centre	NE180011	3