

Individual Best Times (All Time)

Ben Lawrence - (1217220) - City of Brighton and Hove

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	33.03	32.40	253	23/02/20	Sussex County ASA Champs and Age Group Comp	Crawley	SE200450	1
100 Freestyle	1:04.75	1:03.40	379	23/06/24	English Schools' SA Summer Open Championships 2024	Crawley	SE240342	3
200 Freestyle	3:02.38	3:00.50	174	30/09/18	Lis Hartley Long Course Open Meet	Crawley	SE180015	3
50 Breaststroke	35.99	35.10	374	11/02/24	Sussex County ASA County Championships	Crawley	SE240243	1
100 Breaststroke	1:20.90	1:19.30	347	27/02/22	Sussex County ASA County Championships	Crawley	SE220130	1
200 Breaststroke	2:53.19	2:50.10	380	26/02/23	Sussex County & Age Group Championships 2023	Crawley	SE230305	1
50 Butterfly	31.26	30.60	361	23/06/24	English Schools' SA Summer Open Championships 2024	Crawley	SE240342	3
50 Backstroke	34.03	33.40	331	13/02/22	Sussex County ASA County Championships	Crawley	SE220129	1
100 Backstroke	1:18.04	1:17.00	289	25/09/21	Crawley SC Lis Hartley L3 Crawley LC Open Meet 21	Crawley	SE210491	3
200 Backstroke	2:51.36	2:49.40	278	22/02/20	Sussex County ASA Champs and Age Group Comp	Crawley	SE200450	1
200 Individual Medley	2:37.29	2:34.80	380	23/06/24	English Schools' SA Summer Open Championships 2024	Crawley	SE240342	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.36	30.10	323	29/09/23	Brighton SC Club Championships 2023	Prince Regent	SE231928	4
100 Freestyle	1:01.85	1:03.20	381	16/06/24	Brighton SC Club Championships 2024	Brighton	SE241096	4
200 Freestyle	2:14.43	2:17.00	403	28/06/24	Brighton SC Club Championships 2024	Brighton	SE241097	4
400 Freestyle	4:58.34	5:03.00	360	24/05/24	Brighton SC Club Championships 2024	Brighton	SE241094	4
50 Breaststroke	35.21	36.10	355	25/06/23	Atlantis Summer Splash 2023	Horsham	SE230391	3
100 Breaststroke	1:17.66	1:19.30	360	30/09/22	Brighton SC Club Championships	Prince Regent	SE221626	4
200 Breaststroke	2:46.25	2:49.40	377	16/06/24	Brighton SC Club Championships 2024	Brighton	SE241096	4
50 Butterfly	30.68	31.30	356	15/09/23	Brighton SC Club Championships 2023	Prince Regent	SE231926	4
100 Butterfly	1:09.10	1:10.20	330	28/06/24	Brighton SC Club Championships 2024	Brighton	SE241097	4
200 Butterfly	3:28.74	3:30.30	134	20/09/19	Brighton Club Championships	Roedean school	SE191673	4
50 Backstroke	32.41	33.00	317	16/06/24	Brighton SC Club Championships 2024	Brighton	SE241096	4
100 Backstroke	1:11.57	1:12.70	307	14/01/23	Brighton SC Tom Handley Open Meet 2023	Brighton	SE230035	3
200 Backstroke	2:32.23	2:34.40	334	14/06/24	Brighton SC Club Championships 2024	Brighton	SE241096	4
200 Individual Medley	2:29.64	2:32.30	393	14/06/24	Brighton SC Club Championships 2024	Brighton	SE241096	4
400 Individual Medley	5:32.02	5:37.30	353	09/06/24	Brighton SC Club Championships 2024	Brighton	SE241095	4
100 Individual Medley	1:09.50	1:09.50	356	30/06/24	Brighton SC Club Championships 2024	Brighton	SE241097	4