

Individual Best Times (All Time)

Benjamin Roberts - (1370556) - Grantham SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	25.34	24.50	561	05/05/24	SE East Midlands Regional LC Championships 2024	Derby	EM240623	1
100 Freestyle	55.34	53.80	607	04/05/24	SE East Midlands Regional LC Championships 2024	Derby	EM240623	1
50 Breaststroke	31.54	30.50	556	05/08/23	Swim England National Summer Meet 2023	Sheffield	ENG028	1
100 Breaststroke	1:10.02	1:08.20	536	02/08/23	Swim England National Summer Meet 2023	Sheffield	ENG028	1
200 Breaststroke	2:43.24	2:40.00	454	23/04/23	East Midlands Regional LC Championships 2023	Corby	EM230741	1
50 Butterfly	29.06	28.40	450	04/02/23	Nottinghamshire ASA County Championships 2023	Nottingham	EM230410	1
50 Backstroke	31.34	30.70	424	05/02/23	Nottinghamshire ASA County Championships 2023	Nottingham	EM230410	1
100 Backstroke	1:13.63	1:12.50	344	15/01/22	Nottinghamshire ASA County Championships 2022	Harvey Hadden	EM220076	1
200 Individual Medley	2:17.05	2:14.10	575	04/08/23	Swim England National Summer Meet 2023	Sheffield	ENG028	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	24.87	25.70	532	18/11/23	NOVA Centurion November Meet 2023	Nottingham	EM231063	2
100 Freestyle	53.88	55.40	576	16/12/23	Swim Wales Winter Championships 2023	Swansea	WL232016	2
200 Freestyle	2:04.92	2:07.70	503	26/11/23	Calverton and Bingham Club Championships 2023	Bingham	EM232303	4
400 Freestyle	6:09.46	6:13.30	189	04/12/19	Calverton & Bingham Club Championships	Bingham	EM193181	4
50 Breaststroke	30.55	31.60	544	15/12/23	Swim Wales Winter Championships 2023	Swansea	WL232016	2
100 Breaststroke	1:07.64	1:09.50	545	04/11/23	SE EM Short Course Championships 2023	Nottingham	EM232280	2
200 Breaststroke	2:37.99	2:41.30	439	05/11/23	SE EM Short Course Championships 2023	Nottingham	EM232280	2
50 Butterfly	27.95	28.60	471	19/11/23	NOVA Centurion November Meet 2023	Nottingham	EM231063	2
100 Butterfly	1:03.65	1:04.80	423	12/11/23	Calverton and Bingham Club Championships 2023	Bingham	EM232301	4
50 Backstroke	29.82	30.50	407	04/11/23	SE EM Short Course Championships 2023	Nottingham	EM232280	2
100 Backstroke	1:05.81	1:07.00	396	26/11/23	Calverton and Bingham Club Championships 2023	Bingham	EM232303	4
200 Individual Medley	2:13.37	2:16.30	555	15/12/23	Swim Wales Winter Championships 2023	Swansea	WL232016	2
100 Individual Medley	1:02.62	1:02.60	487	26/11/23	Calverton and Bingham Club Championships 2023	Bingham	EM232303	4