

# Individual Best Times (All Time)

Benjamin Chadwick - (1504973) - Flixton SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	32.58	31.90	264	25/11/23	City of Sheffield SS Snow Frills Meet 2023	Sheffield	NE231713	3
100 Freestyle	1:14.40	1:13.30	249	26/11/23	City of Sheffield SS Snow Frills Meet 2023	Sheffield	NE231713	3
200 Freestyle	3:01.96	3:00.00	176	10/09/22	Sherwood Colliery SC The Robin Hood Open Meet	Sheffield	EM220642	3
50 Breaststroke	40.68	39.90	259	09/06/24	City of Liverpool Splash and Dash Meet 2024	Liverpool	NW240533	3
100 Breaststroke	1:34.52	1:33.20	217	25/11/23	City of Sheffield SS Snow Frills Meet 2023	Sheffield	NE231713	3
50 Butterfly	33.94	33.40	282	17/03/24	Richmond Dales ASC April Fool Gala 2024	Leeds	NE240123	3
100 Butterfly	1:40.21	1:39.40	120	26/11/22	City of Sheffield Swim Squad Snow Frills 2022	Ponds Forge	NE221740	3
50 Backstroke	41.08	40.60	188	01/10/23	COMAST Arena Manchester Winter Regional Qualifier	Manchester	NW231963	3
100 Backstroke	1:34.65	1:33.80	162	10/09/22	Sherwood Colliery SC The Robin Hood Open Meet	Sheffield	EM220642	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	32.27	32.90	243	12/05/24	Trafford Metro Spring Open Meet 2024	Sale	NW240302	3
100 Freestyle	1:16.44	1:17.50	201	25/06/23	Flixton ST Club Championships 2023 - Sprint Meet	Urmston	NW231132	4
200 Freestyle	2:52.84	2:54.80	190	03/11/22	Flixton ST Distance Club Championships 2022	Urmston	NW222277	4
400 Freestyle	6:13.21	6:17.00	183	03/11/22	Flixton ST Distance Club Championships 2022	Urmston	NW222277	4
50 Breaststroke	39.93	40.70	243	12/05/24	Trafford Metro Spring Open Meet 2024	Sale	NW240302	3
100 Breaststroke	1:28.59	1:30.00	242	12/05/24	Trafford Metro Spring Open Meet 2024	Sale	NW240302	3
200 Breaststroke	3:22.00	3:24.60	210	09/11/23	Flixton ST Distance Club Championships 2023	Urmston	NW232396	4
50 Butterfly	34.35	34.90	253	12/05/24	Trafford Metro Spring Open Meet 2024	Sale	NW240302	3
100 Butterfly	1:26.53	1:27.40	168	25/06/23	Flixton ST Club Championships 2023 - Sprint Meet	Urmston	NW231132	4
50 Backstroke	38.30	38.80	192	10/09/23	Trafford Borough Early Bird Meet 2023	Stretford	NW231636	3
100 Backstroke	1:30.47	1:31.40	152	16/07/23	City of Salford Summer Spectacular Meet 2023	Broughton	NW230231	3
200 Individual Medley	3:02.59	3:04.70	216	09/11/23	Flixton ST Distance Club Championships 2023	Urmston	NW232396	4
100 Individual Medley	1:21.87	1:21.90	218	10/09/23	Trafford Borough Early Bird Meet 2023	Stretford	NW231636	3