

Individual Best Times (All Time)

Benjamin Negus - (1508252) - Eastleigh SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.53	28.80	355	09/06/24	Winchester Super Summer Sprints 2024	Winchester	SE241025	3
100 Freestyle	1:05.16	1:03.90	371	09/06/24	Winchester Super Summer Sprints 2024	Winchester	SE241025	3
200 Freestyle	2:28.88	2:26.50	321	16/03/24	Bracknell & Wokingham Regional Qualifier Meet 2024	Aldershot	SE240043	3
50 Breaststroke	48.71	48.10	151	21/05/23	Winchester Mad May Sprints 2023	Winchester	SE230653	3
50 Backstroke	34.26	33.70	324	16/03/24	Bracknell & Wokingham Regional Qualifier Meet 2024	Aldershot	SE240043	3
100 Backstroke	1:16.54	1:15.50	306	21/01/24	Hampshire County Swimming Championships 2024	Winchester	SE240343	1
200 Backstroke	2:42.39	2:40.30	327	17/03/24	Bracknell & Wokingham Regional Qualifier Meet 2024	Aldershot	SE240043	3
200 Individual Medley	3:32.99	3:31.10	153	19/12/21	Winchester Winter Sparkler	Winchester	SE211474	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.84	30.50	308	11/02/24	Fareham Nomads Valentines Meet 2024	Waterlooville	SE240017	3
100 Freestyle	1:05.58	1:06.80	319	10/02/24	Fareham Nomads Valentines Meet 2024	Waterlooville	SE240017	3
200 Freestyle	2:26.20	2:28.60	313	10/02/24	Fareham Nomads Valentines Meet 2024	Waterlooville	SE240017	3
400 Freestyle	5:10.91	5:15.40	318	11/02/24	Fareham Nomads Valentines Meet 2024	Waterlooville	SE240017	3
800 Freestyle	11:11.02	11:19.60	288	03/12/23	Eastleigh SC Closed Club Christmas Meet 2023	Eastleigh	SE232408	4
50 Breaststroke	59.22	59.80	74	19/12/20	Eastleigh	Places Leisure	LEX775	0
50 Butterfly	41.06	41.50	148	27/11/22	Havant & Waterlooville SC Peter Bull Open Meet 22	Waterlooville	SE222148	3
50 Backstroke	34.21	34.80	269	10/02/24	Fareham Nomads Valentines Meet 2024	Waterlooville	SE240017	3
100 Backstroke	1:12.96	1:14.10	290	10/02/24	Fareham Nomads Valentines Meet 2024	Waterlooville	SE240017	3
200 Backstroke	2:40.30	2:42.40	286	22/10/23	Rushmoor Royals Autumn L3 SC Open Meet 2023	Aldershot	SE231697	3
200 Individual Medley	3:08.83	3:10.90	195	27/11/22	Havant & Waterlooville SC Peter Bull Open Meet 22	Waterlooville	SE222148	3
100 Individual Medley	1:18.55	1:18.60	246	21/10/23	Rushmoor Royals Autumn L3 SC Open Meet 2023	Aldershot	SE231697	3