

# Individual Best Times (All Time)

Ben Ashurst - (1512669) - Consett SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
100 Freestyle	1:21.82	1:20.80	187	04/02/24	Northumberland & Durham SA County Championships 24	Sunderland	NE240247	1
50 Butterfly	39.14	38.70	184	03/02/24	Northumberland & Durham SA County Championships 24	Sunderland	NE240247	1
100 Backstroke	1:36.20	1:35.40	154	18/02/24	Northumberland & Durham SA County Championships 24	Sunderland	NE240248	1
200 Backstroke	3:18.51	3:16.80	179	04/02/24	Northumberland & Durham SA County Championships 24	Sunderland	NE240247	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	35.56	36.10	182	12/04/24	Gateshead & Whickham ASC Spring Meet 2024	Gateshead	NE240550	3
100 Freestyle	1:24.37	1:25.40	150	25/02/24	Derwentside ASC Sprint Meet 2024	Stanley	NE240495	3
50 Breaststroke	54.79	55.40	94	19/05/24	Durham City Aquatics Sprint & Relay Meet 2024	Durham	NE240949	3
50 Butterfly	38.57	39.10	179	22/06/24	Tynemouth ASC Summer Meet 2024	North Shields	NE241114	3
100 Butterfly	1:25.91	1:26.80	172	22/06/24	Tynemouth ASC Summer Meet 2024	North Shields	NE241114	3
50 Backstroke	43.77	44.20	128	22/06/24	Tynemouth ASC Summer Meet 2024	North Shields	NE241114	3
100 Backstroke	1:31.96	1:32.80	145	16/03/24	Gateshead & Whickham ASC Spring Meet 2024	Gateshead	NE240550	3
200 Backstroke	3:36.47	3:38.00	116	16/07/23	Gateshead & Whickham ASC Summer Meet 2023	Gateshead	NE231253	3
100 Individual Medley	1:32.27	1:32.30	152	22/06/24	Tynemouth ASC Summer Meet 2024	North Shields	NE241114	3