

# Individual Best Times (All Time)

Nathan Bennett - (298627) - City of Manchester Aquatics

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	24.59	23.70	614	17/04/15	British Championships 2015	London	ASA139	1
100 Freestyle	52.35	50.70	717	20/04/17	British Swimming Championships 2017	Sheffield	BSW001	1
200 Freestyle	1:57.74	1:54.80	650	04/02/17	Lancashire County Championships	Manchester	NW170200	1
400 Freestyle	4:17.16	4:11.70	626	03/05/15	Manchester Open Meet 2015	Manchester	NW150088	1
1500 Freestyle	17:25.97	17:06.10	577	06/05/16	Manchester Open Meet 2016	Manchester	NW160171	1
50 Breaststroke	31.61	30.60	553	25/03/18	City of Sunderland National Qualifier	Sunderland	NE180846	1
100 Breaststroke	1:13.71	1:12.00	459	02/05/15	Manchester Open Meet 2015	Manchester	NW150088	1
200 Breaststroke	2:39.92	2:36.60	483	08/05/16	Manchester Open Meet 2016	Manchester	NW160171	1
50 Butterfly	26.42	25.70	598	26/02/16	The Hague 2016 Grand Prix	Netherlands	GBR282	1
100 Butterfly	58.64	57.30	599	05/02/17	Lancashire County Championships	Manchester	NW170200	1
200 Butterfly	2:14.84	2:12.50	547	28/01/17	Lancashire County Championships	Manchester	NW170199	1
50 Backstroke	28.63	27.90	556	24/03/18	City of Sunderland National Qualifier	Sunderland	NE180846	1
100 Backstroke	1:04.02	1:02.80	523	23/01/16	Lancashire County WPSA Age Group & Championships	Manchester	NW160229	1
200 Backstroke	2:23.24	2:20.90	477	07/05/16	Manchester Open Meet 2016	Manchester	NW160171	1
200 Individual Medley	2:18.40	2:15.50	558	24/01/16	Lancashire County WPSA Age Group & Championships	Manchester	NW160229	1
400 Individual Medley	4:59.68	4:53.80	529	02/05/15	Manchester Open Meet 2015	Manchester	NW150088	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	23.98	24.80	594	06/11/16	ASA North West Region Winter Championships	Manchester	NW160340	2
100 Freestyle	51.98	53.60	641	23/10/16	Manchester International 2016	Manchester	NW161951	2
200 Freestyle	1:54.76	1:57.70	649	18/11/17	Wigan BEST Future Stars Open Meet	Wigan	NW171049	2
400 Freestyle	4:22.03	4:27.30	531	28/11/15	Wigan B.E.S.T SC Future Stars Open Meet	Wigan	NW150862	2
50 Breaststroke	30.51	31.50	546	21/10/18	Manchester International Swim Meet (MISM) 2018	Manchester	NW180649	2
100 Breaststroke	1:14.05	1:15.70	416	19/09/15	Trafford Borough Early Bird Sprint Meet	Stretford	NW151660	3
200 Breaststroke	2:45.69	2:48.80	381	14/04/13	Central Lancs Warburton Age Groups	Salford	NW3314	3
50 Butterfly	25.77	26.50	601	21/10/18	Manchester International Swim Meet (MISM) 2018	Manchester	NW180649	2
100 Butterfly	57.45	58.80	575	22/10/16	Manchester International 2016	Manchester	NW161951	2
200 Butterfly	2:22.64	2:24.80	420	28/11/15	Wigan B.E.S.T SC Future Stars Open Meet	Wigan	NW150862	2
50 Backstroke	27.06	27.80	545	20/10/18	Manchester International Swim Meet (MISM) 2018	Manchester	NW180649	2
100 Backstroke	1:05.08	1:06.30	409	30/11/13	Cumbria S & WPA Interassociation	Blackpool	NW3905	2
200 Backstroke	2:26.05	2:28.30	378	28/09/13	Greater Manchester Autumn Meet 2013	Manchester	NW3657	3
200 Individual Medley	2:12.92	2:15.80	561	28/11/15	Wigan B.E.S.T SC Future Stars Open Meet	Wigan	NW150862	2
400 Individual Medley	5:25.31	5:30.70	376	29/04/12	Satellite of Macclesfield 25th Open Meet	Macclesfield	NW2009	2
100 Individual Medley	1:00.46	1:00.50	541	07/11/15	19th International Meet	Bolzano, Italy	GBR228	2