

Individual Best Times (All Time)

Ben Roberts - (324497) - Black Country n Potteries Master

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	24.73	23.90	604	26/03/16	Exeter City Easter Meet 2016	Millfield	SW160324	1
100 Freestyle	54.59	53.00	632	01/02/15	17th Luxembourg Euro Meet	Luxembourg	GBR089	1
200 Freestyle	1:58.78	1:55.80	633	31/01/15	17th Luxembourg Euro Meet	Luxembourg	GBR089	1
400 Freestyle	4:13.21	4:07.60	656	10/01/15	City of Derby Fourteenth LC Level 1 Open Meet	Sheffield	EM150072	1
800 Freestyle	9:31.98	9:21.80	493	13/06/10	Midland Age Group Champs	Coventry	WMR016	1
1500 Freestyle	16:47.64	16:27.00	645	17/05/13	Northampton Spring Meet 2013	Corby	EM3321	1
100 Breaststroke	1:27.31	1:25.90	276	12/06/10	Midland Age Group Champs	Coventry	WMR016	1
200 Breaststroke	3:11.12	3:08.30	283	13/06/09	Midlands Region Champs	Coventry	WMR917	1
50 Butterfly	25.28	24.50	683	05/08/16	ASA Summer Nationals 2016	Sheffield	ASA149	1
100 Butterfly	55.88	54.50	692	14/05/16	Northampton 2016 Long Course Spring Festival	Corby	EM160459	1
200 Butterfly	2:04.98	2:02.40	688	15/05/16	Northampton 2016 Long Course Spring Festival	Corby	EM160459	1
50 Backstroke	29.18	28.50	525	02/05/16	West Midlands ASA Championships	Coventry	WM160481	1
100 Backstroke	1:00.49	59.20	620	14/05/16	Northampton 2016 Long Course Spring Festival	Corby	EM160459	1
200 Backstroke	2:13.40	2:10.90	590	31/07/13	BG ASA National Youth Championships	Sheffield	ASA128	1
200 Individual Medley	2:19.32	2:16.50	547	03/06/12	Midlands Age Group Championships	Coventry	WMR208	1
400 Individual Medley	4:59.15	4:53.20	532	09/06/12	Midland Age Group Championships	Coventry	WMR209	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	24.56	25.40	553	15/12/18	Wolverhampton Christmas Open Meet	Wolverhampton	WM181796	3
100 Freestyle	52.47	54.00	624	14/02/16	Staffordshire County Championships 2016	Stafford	WM160062	2
200 Freestyle	1:53.45	1:56.50	671	27/02/16	Staffordshire County Championships 2016	Stafford	WM160063	2
400 Freestyle	4:00.67	4:06.40	685	17/12/15	ASA Winter Meet	Sheffield	ASA146	2
800 Freestyle	9:18.32	9:28.60	500	04/12/09	Stafford Apex Distance	Stafford	WM9471	2
1500 Freestyle	16:05.80	16:26.90	674	20/02/16	Staffordshire ASA County Championships 2016	Stafford	WM160061	3
50 Breaststroke	36.98	37.80	307	10/07/11	Wolverhampton Sprint Meet	Wolverhampton	WM1282	3
100 Breaststroke	1:20.98	1:22.50	318	10/07/11	Wolverhampton Sprint Meet	Wolverhampton	WM1282	3
200 Breaststroke	3:01.70	3:04.60	289	05/12/09	Stafford Apex Distance	Stafford	WM9471	2
50 Butterfly	25.39	26.10	628	05/11/16	Midland Short Course Championships 2016	Nottingham	EM162223	2
100 Butterfly	55.71	57.10	630	05/11/16	Midland Short Course Championships 2016	Nottingham	EM162223	2
200 Butterfly	2:01.79	2:04.30	675	08/11/15	Midland 2015 Short Course Championships	Nottingham	EM151953	2
50 Backstroke	27.55	28.30	516	15/10/16	Gloucester City Autumn Level 2	Gloucester	SW160133	2
100 Backstroke	58.09	59.50	575	27/02/16	Staffordshire County Championships 2016	Stafford	WM160063	2
200 Backstroke	2:09.43	2:12.00	543	17/03/13	Staffordshire County Championships	Stafford	CC3011	2
200 Individual Medley	2:10.30	2:13.30	595	15/10/16	Gloucester City Autumn Level 2	Gloucester	SW160133	2
400 Individual Medley	4:53.55	4:59.50	511	04/03/12	Staffordshire County Championships	Stafford	CC2003	2
100 Individual Medley	1:00.42	1:00.40	542	17/07/16	Wolverhampton Level 3 Sprint Meet	Wolverhampton	WM160766	3