

Individual Best Times (All Time)

Benjamin Horsford - (357777) - Biggleswade SC

Long Course

| Stroke | LC Time | Converted to SC | LC WA Pts | Date | Meet | Venue | Licence | Level |
|-----------------------|----------|-----------------|-----------|----------|---------------------------------------|----------|----------|-------|
| 50 Freestyle | 41.20 | 40.70 | 130 | 10/07/10 | Co Coventry Graham Sykes | Coventry | WM0203 | 3 |
| 100 Freestyle | 1:28.72 | 1:27.80 | 147 | 10/07/10 | Co Coventry Graham Sykes | Coventry | WM0203 | 3 |
| 200 Freestyle | 2:21.12 | 2:18.60 | 377 | 21/03/15 | Bedfordshire ASA County Championships | Luton | CC150190 | 1 |
| 400 Freestyle | 6:22.76 | 6:19.10 | 190 | 10/07/10 | Co Coventry Graham Sykes | Coventry | WM0203 | 3 |
| 1500 Freestyle | 21:20.04 | 21:03.80 | 315 | 02/03/13 | Bedfordshire County Championships | Luton | CC3023 | 1 |
| 50 Breaststroke | 55.25 | 54.70 | 103 | 11/07/09 | Graham Sykes Memorial | Coventry | WM9267 | 3 |
| 200 Breaststroke | 4:21.11 | 4:19.10 | 110 | 11/07/09 | Graham Sykes Memorial | Coventry | WM9267 | 3 |
| 50 Backstroke | 35.07 | 34.50 | 302 | 21/03/15 | Bedfordshire ASA County Championships | Luton | CC150190 | 1 |
| 100 Backstroke | 1:13.33 | 1:12.20 | 348 | 07/03/15 | Bedfordshire ASA County Championships | Luton | CC150189 | 1 |
| 200 Backstroke | 2:35.23 | 2:33.10 | 374 | 07/03/15 | Bedfordshire ASA County Championships | Luton | CC150189 | 1 |
| 200 Individual Medley | 2:39.39 | 2:36.90 | 365 | 21/03/15 | Bedfordshire ASA County Championships | Luton | CC150190 | 1 |

Short Course

| Stroke | SC Time | Converted to LC | SC WA Pts | Date | Meet | Venue | License | Level |
|-----------------------|----------|-----------------|-----------|----------|--|-------------|----------|-------|
| 50 Freestyle | 28.35 | 29.10 | 359 | 27/06/15 | Hoddesdon Summer Sprint 2015 | Borehamwood | ER150485 | 3 |
| 100 Freestyle | 1:01.35 | 1:02.70 | 390 | 10/05/15 | Mid Beds Swim Squad Level 3 Open Meet | Biggleswade | ER150500 | 3 |
| 200 Freestyle | 2:15.22 | 2:17.80 | 396 | 26/10/14 | Flitwick Dolphins Open Meet | Biggleswade | ER14075 | 3 |
| 400 Freestyle | 4:50.93 | 4:55.70 | 388 | 23/03/14 | Bedfordshire Age Group & County Champs | Luton | CC4033 | 2 |
| 1500 Freestyle | 20:37.70 | 20:54.30 | 320 | 03/11/13 | Biggleswade Club Championships | Biggleswade | ER3650 | 4 |
| 50 Breaststroke | 38.42 | 39.20 | 273 | 23/03/14 | Bedfordshire Age Group & County Champs | Luton | CC4033 | 2 |
| 100 Breaststroke | 1:23.21 | 1:24.70 | 293 | 18/01/14 | Biggleswade SC 15th Open Meet | Biggleswade | ER4051 | 3 |
| 200 Breaststroke | 3:00.41 | 3:03.30 | 295 | 19/01/14 | Biggleswade SC 15th Open Meet | Biggleswade | ER4051 | 3 |
| 50 Butterfly | 34.73 | 35.30 | 245 | 20/09/14 | Biggleswade SC Club Championships 2014 | Biggleswade | ER4862 | 4 |
| 50 Backstroke | 32.75 | 33.40 | 307 | 12/07/15 | City of Cambridge July Open | Cambridge | ER150481 | 3 |
| 100 Backstroke | 1:09.72 | 1:10.90 | 333 | 25/10/15 | Flitwick Dolphins Open Meet 2015 | Biggleswade | ER150962 | 3 |
| 200 Backstroke | 2:28.65 | 2:30.90 | 358 | 09/05/15 | Mid Beds Swim Squad Level 3 Open Meet | Biggleswade | ER150500 | 3 |
| 200 Individual Medley | 2:37.34 | 2:39.80 | 338 | 25/10/14 | Flitwick Dolphins Open Meet | Biggleswade | ER14075 | 3 |
| 100 Individual Medley | 1:12.60 | 1:12.60 | 312 | 30/11/14 | Hitchin Open Meet | Hitchin | ER4409 | 3 |