

Individual Best Times (All Time)

Ben Jamieson - (365068) - Mildenhall & District SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	26.29	25.50	503	04/05/14	ASA East Region Youth Championships	Luton	ERX406	1
100 Freestyle	57.77	56.30	533	03/05/14	ASA East Region Youth Championships	Luton	ERX406	1
50 Backstroke	29.34	28.60	517	02/05/15	ASA East Region Summer Championships Weekend 1	Luton	ER150672	1
100 Backstroke	1:03.38	1:02.10	539	04/05/15	ASA East Region Summer Championships Weekend 1	Luton	ER150672	1
200 Backstroke	2:21.74	2:19.40	492	04/05/14	ASA East Region Youth Championships	Luton	ERX406	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	25.48	26.30	495	15/03/14	Suffolk County Championships	Ipswich	CC4084	2
100 Freestyle	55.60	57.10	524	08/03/15	Suffolk County Championships	Ipswich	CC150048	2
200 Freestyle	2:05.15	2:07.90	500	15/03/15	Suffolk County Championships	Ipswich	CC150049	2
400 Freestyle	4:39.58	4:44.60	437	03/11/13	Mildenhall & District SC Club Championships	Mildenhall	ER3637	4
800 Freestyle	9:44.51	9:54.30	436	20/10/13	Mildenhall & District SC Club Championships	Mildenhall	ER3637	4
1500 Freestyle	18:45.36	19:03.50	426	06/10/13	Mildenhall & District SC Club Championships	Mildenhall	ER3637	4
50 Breaststroke	33.16	34.10	425	07/03/15	Suffolk County Championships	Ipswich	CC150048	2
100 Breaststroke	1:13.94	1:15.60	417	15/03/15	Suffolk County Championships	Ipswich	CC150049	2
200 Breaststroke	2:51.60	2:54.70	343	17/10/14	Mildenhall & District Club Championships	Mildenhall	ER4786	4
50 Butterfly	28.18	28.80	459	15/03/15	Suffolk County Championships	Ipswich	CC150049	2
100 Butterfly	1:05.94	1:07.10	380	15/11/14	Mildenhall & District Club Championships	Mildenhall	ER4791	4
200 Butterfly	2:43.41	2:45.30	279	26/09/14	Mildenhall & District Club Championships	Mildenhall	ER4781	4
50 Backstroke	28.16	28.90	484	08/03/15	Suffolk County Championships	Ipswich	CC150048	2
100 Backstroke	1:00.12	1:01.40	519	07/03/15	Suffolk County Championships	Ipswich	CC150048	2
200 Backstroke	2:12.87	2:15.40	502	15/03/15	Suffolk County Championships	Ipswich	CC150049	2
200 Individual Medley	2:17.35	2:20.20	508	08/03/15	Suffolk County Championships	Ipswich	CC150048	2
400 Individual Medley	5:43.63	5:48.70	319	30/10/11	Mildenhall & District SC Club Championship	Mildenhall	ER1552	4
100 Individual Medley	1:02.86	1:02.90	481	15/03/15	Suffolk County Championships	Ipswich	CC150049	2