

# Individual Best Times (All Time)

Benjamin Colclough - (366569) - Chase SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	25.42	24.60	556	06/04/14	City of Bristol Level 1 Open Meet	Hengrove	SW4135	1
100 Freestyle	55.04	53.50	617	05/04/14	City of Bristol Level 1 Open Meet	Hengrove	SW4135	1
200 Freestyle	2:00.48	1:57.60	606	05/04/14	City of Bristol Level 1 Open Meet	Hengrove	SW4135	1
400 Freestyle	4:17.81	4:12.30	621	26/01/14	Central Zonal Meet 2014	Corby	ZM4179	1
800 Freestyle	9:59.42	9:49.70	429	18/12/09	Plymouth Leander Open Mt	Millfield	SW9432	1
1500 Freestyle	18:30.30	18:11.60	482	08/05/11	Midland Distance Time Trial	Loughborough	EM1316	1
50 Butterfly	26.20	25.50	614	24/01/15	ISA National Swimming Championships	London	LR150306	3
100 Butterfly	1:02.11	1:00.90	504	02/05/15	Midland Swimming Spring Championships 2015	Corby	EM150799	1
100 Backstroke	1:20.66	1:19.70	261	29/05/10	Sheffield No Frills Meet	Sheffield	NE0070	1
200 Backstroke	3:00.95	2:59.10	236	19/12/08	1st Danway International	Dubai	GB8040	1
200 Individual Medley	2:21.55	2:18.70	522	01/02/14	ISA National Swimming Championships	Coventry	WM4055	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	24.82	25.60	535	07/12/14	Midland Short Course Championships	Rugby	WM14348	2
100 Freestyle	53.28	54.80	596	02/11/14	Chase Open Meet 2014	Wolverhampton	WM4447	2
200 Freestyle	1:57.36	2:00.30	607	07/12/13	Midland Short Course 2013	Stafford	WMR326	2
400 Freestyle	4:09.77	4:15.30	613	08/12/13	Midland Short Course 2013	Stafford	WMR326	2
800 Freestyle	9:52.95	10:02.60	418	21/03/09	Staffordshire County Chmp	Wolverhampton	CC9012	2
1500 Freestyle	18:05.13	18:24.00	475	05/03/11	Staffordshire County Championships	Wolverhampton	CC1003	2
50 Butterfly	26.72	27.40	539	14/02/15	Staffordshire ASA County Championships	Stafford	CC150059	2
100 Butterfly	1:00.21	1:01.50	499	06/12/14	Midland Short Course Championships	Rugby	WM14348	2
50 Backstroke	45.86	46.30	112	18/03/07	Staffordshire Champs	Wolverhampton	CC7074	2
200 Backstroke	2:45.18	2:47.20	261	22/11/09	Boldmere Open Meet	Birmingham	WM9062	2
200 Individual Medley	2:18.14	2:21.00	499	14/02/15	Staffordshire ASA County Championships	Stafford	CC150059	2
100 Individual Medley	1:14.14	1:14.10	293	05/03/11	Staffordshire County Championships	Wolverhampton	CC1003	2