

Individual Best Times (All Time)

Ben Withington - (389982) - Fox Hollies

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.99	28.30	375	03/03/12	Warwickshire County Championships	Coventry	CC2005	1
100 Freestyle	1:02.44	1:01.10	422	14/07/13	Northampton Summer Festival Open Meet	Northampton	EM3406	3
200 Freestyle	2:22.89	2:20.40	363	10/03/12	Warwickshire County Championships	Coventry	CC2006	1
50 Breaststroke	39.78	39.00	277	19/01/14	City of Coventry Open Meet 2014	Coventry	WM4070	3
100 Breaststroke	1:30.89	1:29.50	245	19/01/14	City of Coventry Open Meet 2014	Coventry	WM4070	3
50 Butterfly	31.70	31.10	346	08/07/17	Graham Sykes Memorial Meet 2017	Coventry	WM170725	3
100 Butterfly	1:14.17	1:13.10	296	08/07/17	Graham Sykes Memorial Meet 2017	Coventry	WM170725	3
50 Backstroke	34.26	33.70	324	19/01/14	City of Coventry Open Meet 2014	Coventry	WM4070	3
100 Backstroke	1:14.95	1:13.90	326	13/07/13	Northampton Summer Festival Open Meet	Northampton	EM3406	3
200 Backstroke	2:49.66	2:47.70	287	19/01/14	City of Coventry Open Meet 2014	Coventry	WM4070	3
200 Individual Medley	2:49.60	2:47.30	303	16/03/13	Warwickshire County Championships	Coventry	CC3009	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.87	27.60	422	11/11/17	BUCS Short Course Swimming Championships	Sheffield	NE172398	2
100 Freestyle	59.98	1:01.40	417	07/07/13	Boldmere Open Meet	Stechford	WM3515	3
200 Freestyle	2:13.32	2:15.90	414	16/11/13	Boldmere SC L2 Open Meet	Birmingham	WM3785	2
50 Breaststroke	36.96	37.80	307	07/07/13	Boldmere Open Meet	Stechford	WM3515	3
100 Breaststroke	1:22.62	1:24.10	299	17/11/13	Boldmere SC The Open L3 Meet	Birmingham	WM3786	3
50 Butterfly	29.94	30.60	383	12/11/17	BUCS Short Course Swimming Championships	Sheffield	NE172398	2
100 Butterfly	1:12.43	1:13.50	287	06/07/13	Boldmere Open Meet	Stechford	WM3515	3
50 Backstroke	32.07	32.70	327	06/04/13	Nuneaton & Bedworth SC Spring Qualifying	Nuneaton	WM3126	2
100 Backstroke	1:10.76	1:11.90	318	17/11/13	Boldmere SC L2 Open Meet	Birmingham	WM3785	2
200 Backstroke	2:32.45	2:34.60	332	16/11/13	Boldmere SC The Open L3 Meet	Birmingham	WM3786	3
200 Individual Medley	2:36.44	2:38.90	344	06/07/13	Boldmere Open Meet	Stechford	WM3515	3
100 Individual Medley	1:11.35	1:11.30	329	07/07/13	Boldmere Open Meet	Stechford	WM3515	3