

# Individual Best Times (All Time)

Ben Swallow - (436088) - Leeds University Aquatics SC

## Long Course

| Stroke           | LC Time | Converted to SC | LC WA Pts | Date     | Meet   | Venue     | Licence  | Level |
|------------------|---------|-----------------|-----------|----------|--|-----------|----------|-------|
| 50 Freestyle     | 24.79   | 23.90           | 600       | 25/02/23 | BUCS Long Course Swimming Championships 2023 | Sheffield | NE230349 | 1     |
| 100 Freestyle    | 59.72   | 58.30           | 483       | 28/05/17 | ASA EM Region Youth Champs 2017              | Sheffield | EM170474 | 1     |
| 200 Freestyle    | 2:12.65 | 2:10.00         | 454       | 01/07/17 | 2nd Summer Spectacular Sprint Meet           | Sheffield | EM170277 | 3     |
| 400 Freestyle    | 4:34.12 | 4:29.00         | 517       | 28/05/17 | ASA EM Region Youth Champs 2017              | Sheffield | EM170474 | 1     |
| 50 Breaststroke  | 33.72   | 32.80           | 455       | 25/02/23 | BUCS Long Course Swimming Championships 2023 | Sheffield | NE230349 | 1     |
| 100 Breaststroke | 1:32.16 | 1:30.80         | 235       | 20/12/15 | Northampton 2015 Long Course Winter Festival | Corby     | EM151769 | 1     |
| 200 Breaststroke | 4:20.43 | 4:18.40         | 111       | 21/01/12 | Rotherham Metro A & B Grade Gala             | Sheffield | NE2002   | 3     |
| 50 Butterfly     | 39.59   | 39.10           | 177       | 17/01/15 | Rotherham Metro A & B Grade LC Meet          | Sheffield | NE150075 | 3     |
| 50 Backstroke    | 35.76   | 35.20           | 285       | 01/07/17 | 2nd Summer Spectacular Sprint Meet           | Sheffield | EM170277 | 3     |
| 100 Backstroke   | 1:24.54 | 1:23.60         | 227       | 17/01/15 | Rotherham Metro A & B Grade LC Meet          | Sheffield | NE150075 | 3     |

## Short Course

| Stroke                | SC Time  | Converted to LC | SC WA Pts | Date     | Meet  | Venue      | License  | Level |
|-----------------------|----------|-----------------|-----------|----------|---|------------|----------|-------|
| 50 Freestyle          | 23.84    | 24.70           | 604       | 19/11/22 | BUCS Short Course 2022-23                     | Sheffield  | NE222500 | 2     |
| 100 Freestyle         | 53.63    | 55.20           | 584       | 20/11/22 | BUCS Short Course 2022-23                     | Sheffield  | NE222500 | 2     |
| 200 Freestyle         | 2:06.92  | 2:09.60         | 479       | 08/07/17 | City of Lincoln Pentaqua Club Champs          | Lincoln    | EM171749 | 4     |
| 400 Freestyle         | 4:28.62  | 4:33.80         | 493       | 22/01/17 | Lincolnshire County Championships 2017        | Grantham   | EM170026 | 2     |
| 1500 Freestyle        | 23:40.97 | 23:55.50        | 211       | 09/12/13 | City of Lincoln Pentaqua Club Championships   | Lincoln    | EM3613   | 4     |
| 50 Breaststroke       | 31.77    | 32.70           | 484       | 19/11/22 | BUCS Short Course 2022-23                     | Sheffield  | NE222500 | 2     |
| 100 Breaststroke      | 1:18.22  | 1:19.80         | 352       | 04/02/17 | Lincolnshire County Championships 2017        | Louth      | EM170027 | 2     |
| 200 Breaststroke      | 2:58.66  | 3:01.60         | 304       | 23/01/16 | Lincolnshire County Championships 2016        | Grantham   | EM160114 | 2     |
| 50 Butterfly          | 28.10    | 28.80           | 463       | 20/11/22 | BUCS Short Course 2022-23                     | Sheffield  | NE222500 | 2     |
| 100 Butterfly         | 1:18.87  | 1:19.80         | 222       | 01/02/16 | City Of Lincoln Pentaqua Dual Meets           | Lincoln    | EM160782 | 4     |
| 50 Backstroke         | 35.11    | 35.70           | 249       | 16/07/16 | Rotherham Metro A & B Grade Short Course Meet | Sheffield  | NE160533 | 3     |
| 100 Backstroke        | 1:18.22  | 1:19.20         | 235       | 14/06/15 | CLP Inter Club Competition                    | Lincoln    | EM151055 | 4     |
| 200 Backstroke        | 3:02.56  | 3:04.40         | 193       | 29/11/14 | City of Lincoln Pentaqua Club Championships   | Lincoln    | EM4396   | 4     |
| 200 Individual Medley | 2:33.19  | 2:35.70         | 366       | 22/10/16 | Lincoln Vulcans L2 Short Course Open Meet     | Sheffield  | EM160423 | 2     |
| 400 Individual Medley | 5:25.81  | 5:31.20         | 374       | 01/10/16 | City of Lincoln Pentaqua Club Championships   | Yarborough | EM160787 | 4     |
| 100 Individual Medley | 1:10.80  | 1:10.80         | 337       | 21/01/17 | Lincolnshire County Championships 2017        | Grantham   | EM170026 | 2     |