

# Individual Best Times (All Time)

James Benson - (453850) - Halesowen SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.69	26.90	430	25/01/14	Central Zonal Meet 2014	Corby	ZM4179	1
100 Freestyle	1:01.44	1:00.10	443	02/06/13	Midland Age Group Championships 2013	Coventry	WMR316	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.46	27.20	442	04/10/14	Halesowen Licensed 50m Time Trial	Egbaston	WM14234	4
100 Freestyle	59.27	1:00.70	433	10/03/13	Worcester County Championships	Wolverhampton	CC3005	2
200 Freestyle	2:15.59	2:18.10	393	02/03/13	Worcester County Championships	Wolverhampton	CC3004	2
400 Freestyle	5:37.48	5:41.60	248	20/11/10	Halesowen Club Champs	Edgbaston	WM0867	4
50 Breaststroke	35.84	36.70	337	08/03/14	Worcester County Championships	Wolverhampton	CC4002	2
100 Breaststroke	1:27.18	1:28.60	254	27/10/12	Worcester SC 16th Open Meet	Worcester	WM2617	3
200 Breaststroke	3:14.40	3:17.10	236	23/11/12	Halesowen Club Championships	Halesowen	WM2688	4
50 Butterfly	29.25	29.90	411	26/10/13	Worcester SC 17th Open Meet	Worcester	WM3767	3
100 Butterfly	1:08.59	1:09.70	338	27/10/13	Worcester SC 17th Open Meet	Worcester	WM3767	3
50 Backstroke	32.23	32.80	322	04/10/14	Halesowen Licensed 50m Time Trial	Egbaston	WM14234	4
100 Backstroke	1:09.97	1:11.10	329	01/03/14	Worcester County Championships	Wolverhampton	CC4001	2
200 Backstroke	2:33.12	2:35.30	328	10/03/12	Worcester County Championships	Worcester	CC2011	2
200 Individual Medley	2:36.21	2:38.70	345	30/11/13	Halesowen Club Championships	Edgbaston	WM3831	4
100 Individual Medley	1:09.13	1:09.10	362	02/03/14	Worcester County Championships	Wolverhampton	CC4001	2