

# Individual Best Times (All Time)

Benjamin Long - (469861) - Armthorpe & District SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.82	27.10	424	31/01/15	Yorkshire County Championships	Sheffield	NE150621	1
100 Freestyle	1:00.61	59.20	462	13/02/16	Yorkshire County Championships	Leeds	NE160069	1
200 Freestyle	2:45.02	2:42.90	236	28/02/10	Yorkshire County Champs	Leeds	CC0039	1
400 Freestyle	6:07.12	6:03.30	215	08/05/10	Sports Aid Open Meet	Leeds	NE0073	1
50 Breaststroke	38.61	37.80	303	10/05/14	Lincoln Vulcans Long Course L3 Open Meet	Sheffield	EM4356	3
100 Breaststroke	1:28.59	1:27.20	264	14/12/13	BoB SC 18th Annual Christmas Sprint	Sheffield	NE31002	3
200 Breaststroke	3:36.60	3:34.10	194	22/01/11	Rotherham Metro A & B Grade Meet	Sheffield	NE1077	3
50 Butterfly	29.93	29.30	411	06/12/14	Borough of Barnsley 19th Annual Christmas Sprint	Sheffield	NE14508	3
100 Butterfly	1:12.58	1:11.50	316	02/02/14	Sheffield & District ASA Championships	Sheffield	NE4187	4
200 Butterfly	3:30.67	3:29.20	143	23/01/11	Rotherham Metro A & B Grade Meet	Sheffield	NE1077	3
50 Backstroke	33.67	33.10	342	31/01/15	Yorkshire County Championships	Sheffield	NE150621	1
100 Backstroke	1:16.80	1:15.70	303	14/12/13	BoB SC 18th Annual Christmas Sprint	Sheffield	NE31002	3
200 Backstroke	3:05.15	3:03.30	220	23/01/11	Rotherham Metro A & B Grade Meet	Sheffield	NE1077	3
200 Individual Medley	3:04.06	3:01.90	237	03/07/11	Borough of Barnsley SC Summer Sizzler	Sheffield	NE1374	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.71	27.50	429	01/07/17	Bridlington Seaside Special	Bridlington	NE171090	3
100 Freestyle	59.27	1:00.70	433	01/07/17	Bridlington Seaside Special	Bridlington	NE171090	3
200 Freestyle	2:40.42	2:42.60	237	15/04/12	City of Derby 29th Short Course Meet	Derby	EM2052	3
50 Breaststroke	35.94	36.80	334	12/11/16	Armthorpe Schofield's Home Championships	Armthorpe	NE161163	4
100 Breaststroke	1:21.29	1:22.80	314	01/07/17	Bridlington Seaside Special	Bridlington	NE171090	3
200 Breaststroke	3:19.05	3:21.70	219	16/06/12	Harrogate District SC Summer A Grade Meet	Harrogate	NE2070	3
50 Butterfly	28.78	29.40	431	01/07/17	Bridlington Seaside Special	Bridlington	NE171090	3
100 Butterfly	1:05.29	1:06.40	391	09/10/16	DMASA Individual Champs ('The Mets')	Adwick	NE161698	4
200 Butterfly	3:25.82	3:27.40	139	24/07/10	Bradford End of Season	Shipley	NE0384	3
50 Backstroke	33.30	33.90	292	05/07/15	Borough of Barnsley 8th Annual Summer Sizzler	Sheffield	NE150893	3
100 Backstroke	1:11.49	1:12.60	308	11/10/15	Yorkshire Winter Competition	Sheffield	NE151548	2
200 Backstroke	2:51.86	2:53.80	232	16/06/12	Harrogate District SC Summer A Grade Meet	Harrogate	NE2070	3
200 Individual Medley	2:41.23	2:43.70	314	13/10/13	Yorkshire Winter Competition	Sheffield	NE3973	2
100 Individual Medley	1:07.51	1:07.50	388	12/11/16	Armthorpe Schofield's Home Championships	Armthorpe	NE161163	4