

Individual Best Times (All Time)

Ben Nicholson - (474323) - York City Baths Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.85	29.10	343	22/09/13	City of Sheffield 31st Annual Teaspoon Gala	Sheffield	NE3173	3
100 Freestyle	1:03.49	1:02.20	402	18/01/14	Co Leeds New Year Meet 2014	Leeds	NE4019	3
200 Freestyle	2:16.12	2:13.50	420	13/04/14	Sports Aid Open Meet 2014	Leeds	NE4126	1
400 Freestyle	4:46.70	4:41.80	452	13/04/14	Sports Aid Open Meet 2014	Leeds	NE4126	1
50 Breaststroke	54.38	53.80	108	11/05/08	SportsAid Open Meet	Leeds	NE8101	1
100 Breaststroke	1:48.91	1:47.70	142	11/07/09	City of Leeds B Grade	Leeds	NE9297	3
200 Breaststroke	4:04.95	4:02.80	134	20/01/08	Leeds New Year B Grade	Leeds	NE8039	3
50 Butterfly	48.15	47.80	98	06/07/08	City of Leeds B Grade	Leeds	NE8165	3
50 Backstroke	34.32	33.70	323	22/09/13	City of Sheffield 31st Annual Teaspoon Gala	Sheffield	NE3173	3
100 Backstroke	1:12.19	1:11.10	365	13/04/14	Sports Aid Open Meet 2014	Leeds	NE4126	1
200 Backstroke	2:27.44	2:25.20	437	04/05/14	ASANER Youth & Senior Championships 2014	Sunderland	NER421	1
200 Individual Medley	3:08.43	3:06.30	221	11/07/09	City of Leeds B Grade	Leeds	NE9297	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.93	29.60	338	01/11/14	York City Baths Club Regional Qualifier	Hull	NE14331	3
100 Freestyle	1:00.08	1:01.50	415	20/09/14	Rotherham Metro A&B Grade Meet	Sheffield	NE4307	3
200 Freestyle	2:12.35	2:14.90	423	20/04/13	Harrogate SC Spa Town A B Grade Open	Harrogate	NE3046	3
400 Freestyle	4:37.56	4:42.60	447	21/04/13	Harrogate SC Spa Town A B Grade Open	Harrogate	NE3046	3
50 Breaststroke	44.32	45.00	178	05/06/11	York City Baths JORVIK 2011	Hull	NE1327	4
100 Breaststroke	1:28.14	1:29.60	246	08/12/13	York City Baths Club Championships	York	NE3911	4
200 Breaststroke	3:02.31	3:05.20	286	04/12/13	York City Baths Club Championships	York	NE3911	4
50 Butterfly	41.28	41.70	146	07/06/09	York City Baths Yorvik Mt	Acomb	NE9295	3
50 Backstroke	33.97	34.60	275	02/11/13	York City Baths Regional Qualifier	Hull	NE3821	3
100 Backstroke	1:08.64	1:09.80	349	13/10/13	Yorkshire Winter Competition	Sheffield	NE3973	2
200 Backstroke	2:23.31	2:25.60	400	24/11/13	City of Bradford Winter Meet	Leeds	NE3644	3
200 Individual Medley	2:31.48	2:34.10	379	13/10/13	Yorkshire Winter Competition	Sheffield	NE3973	2
100 Individual Medley	1:11.95	1:12.00	321	20/09/14	Rotherham Metro A&B Grade Meet	Sheffield	NE4307	3