

Individual Best Times (All Time)

Benjamin Worthy - (484904) - Middlesbrough SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.82	30.10	312	05/01/13	City of Sunderland New Year Meet	Sunderland	NE3092	3
100 Freestyle	1:07.09	1:05.80	340	15/04/12	Radford SC 30th Open Meet	Sheffield	EM2132	1
200 Freestyle	2:27.40	2:25.00	331	14/04/12	Radford SC 30th Open Meet	Sheffield	EM2132	1
400 Freestyle	5:09.89	5:05.30	358	15/04/12	Radford SC 30th Open Meet	Sheffield	EM2132	1
50 Breaststroke	36.44	35.60	361	06/01/13	City of Sunderland New Year Meet	Sunderland	NE3092	3
100 Breaststroke	1:20.84	1:19.30	348	05/01/13	City of Sunderland New Year Meet	Sunderland	NE3092	3
200 Breaststroke	2:53.10	2:50.00	380	02/02/13	Northumberland & Durham County Champs	Sunderland	CC3095	1
50 Backstroke	36.55	36.00	267	05/01/13	City of Sunderland New Year Meet	Sunderland	NE3092	3
100 Backstroke	1:24.65	1:23.70	226	21/01/12	Rotherham Metro A & B Grade Gala	Sheffield	NE2002	3
200 Backstroke	3:01.51	2:59.70	234	18/07/10	Sunderland Non National Qualifier Meet	Sunderland	NE0469	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.58	30.30	316	27/10/12	Middlesbrough Halloween Meet	Middlesbrough	NE2532	2
100 Freestyle	1:05.61	1:06.90	319	28/10/12	Middlesbrough Halloween Meet	Middlesbrough	NE2532	2
200 Freestyle	2:20.91	2:23.40	350	13/05/12	Middlesbrough 11th Open Meet	Middlesbrough	NE2183	2
400 Freestyle	4:59.57	5:04.20	355	01/07/12	Boldmere SC Water Carnival 2012	Stechford	WM2321	3
50 Breaststroke	35.39	36.30	350	01/12/12	ASA North East Region Senior & Junior Meet	Sunderland	NER228	2
100 Breaststroke	1:20.16	1:21.70	327	27/10/12	Middlesbrough Halloween Meet	Middlesbrough	NE2532	2
200 Breaststroke	2:50.32	2:53.40	351	12/05/12	Middlesbrough 11th Open Meet	Middlesbrough	NE2183	2
50 Butterfly	35.80	36.30	224	30/06/12	Boldmere SC Water Carnival 2012	Stechford	WM2321	3
100 Butterfly	1:29.03	1:29.90	154	30/06/12	Boldmere SC Water Carnival 2012	Stechford	WM2321	3
50 Backstroke	38.01	38.50	196	12/02/12	Middlesbrough AA Grade Gala	Middlesbrough	NE2141	4
100 Backstroke	1:17.65	1:18.70	241	30/06/12	Boldmere SC Water Carnival 2012	Stechford	WM2321	3
200 Backstroke	2:45.76	2:47.80	258	11/02/12	Middlesbrough AA Grade Gala	Middlesbrough	NE2141	4
200 Individual Medley	2:44.81	2:47.20	294	28/10/12	Middlesbrough Halloween Meet	Middlesbrough	NE2532	2
100 Individual Medley	1:16.06	1:16.10	271	01/07/12	Boldmere SC Water Carnival 2012	Stechford	WM2321	3