

Individual Best Times (All Time)

Ben Hodgson - (489843) - Bridgend County Swim Squad

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	26.73	25.90	478	26/07/15	Swim Wales Summer Open Meet	Swansea	WL150507	1
100 Freestyle	56.94	55.50	557	04/04/15	Swim Wales Long Course Closed Championships	Swansea	WL150506	1
200 Freestyle	2:01.77	1:58.90	587	18/04/15	Swim Wales Long Course Closed Meet	Swansea	WL150977	1
400 Freestyle	4:26.13	4:20.80	565	28/07/15	Swim Wales Summer Open Meet	Swansea	WL150507	1
50 Breaststroke	55.50	54.90	102	10/04/10	Tiger Bay Open Meet	Cardiff	WAL289	3
100 Breaststroke	1:23.98	1:22.50	310	17/11/13	City of Cardiff Capital Open Meet	Cardiff	WAL532	1
200 Breaststroke	2:51.43	2:48.30	392	02/08/14	Swim Wales Summer Nationals 2014	Swansea	WAL585	1
50 Butterfly	46.60	46.20	109	11/04/10	Tiger Bay Open Meet	Cardiff	WAL289	3
100 Butterfly	1:08.24	1:07.10	380	03/04/15	Swim Wales Long Course Closed Championships	Swansea	WL150506	1
200 Butterfly	2:35.61	2:33.60	356	04/08/14	Swim Wales Summer Nationals 2014	Swansea	WAL585	1
50 Backstroke	38.82	38.30	223	27/11/11	Welsh Capital Open Meet	Cardiff	WAL394	1
100 Backstroke	1:12.82	1:11.70	355	18/05/13	Swim Swansea Annual LC Meet	Swansea	WAL496	1
200 Backstroke	2:35.89	2:33.70	370	20/12/13	BG Swim Wales National Championships	Swansea	WAL539	1
200 Individual Medley	2:21.81	2:19.00	519	04/04/15	Swim Wales Long Course Closed Championships	Swansea	WL150506	1
400 Individual Medley	5:01.85	4:56.00	518	24/07/15	Swim Wales Summer Open Meet	Swansea	WL150507	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	25.88	26.70	472	22/12/14	British Gas Swim Wales Open Winter Championships	Swansea	WAL615	1
100 Freestyle	55.50	57.00	527	20/12/15	Swim Wales National Short Course Championships	Swansea	WL152205	2
200 Freestyle	1:59.50	2:02.40	574	18/10/15	Greater Gwent Fast Water Open Meet 2015	Newport	WL150611	2
400 Freestyle	4:20.94	4:26.30	538	17/10/15	Greater Gwent Fast Water Open Meet 2015	Newport	WL150611	2
800 Freestyle	11:30.91	11:39.20	264	05/12/10	SE Wales Sub Regional	Newport	WAL331	4
1500 Freestyle	17:28.62	17:48.10	526	31/01/15	SWER Regional Championships	Newport	WL150525	2
50 Breaststroke	49.75	50.40	126	26/06/10	Torfaen Open Meet	Newport	WAL306	3
100 Breaststroke	1:13.85	1:15.50	419	31/01/16	Swim Wales South East Regional Championships	Newport	WL160028	2
200 Breaststroke	2:39.53	2:42.80	427	30/01/16	Swim Wales South East Regional Championships	Newport	WL160028	2
50 Butterfly	42.72	43.20	131	14/03/10	Llanelli Open Development	Llanelli	WAL286	4
100 Butterfly	1:04.67	1:05.80	403	03/02/15	SWER Regional Championships	Newport	WL150526	2
200 Butterfly	2:34.93	2:37.00	328	04/02/14	South East Wales Regional Championships	Newport	WAL548	2
50 Backstroke	41.48	42.00	151	14/03/10	Llanelli Open Development	Llanelli	WAL286	4
100 Backstroke	1:05.30	1:06.50	405	01/02/15	SWER Regional Championships	Newport	WL150525	2
200 Backstroke	2:22.21	2:24.50	409	02/02/15	SWER Regional Championships	Newport	WL150525	2
200 Individual Medley	2:18.10	2:20.90	500	18/12/15	Swim Wales National Short Course Championships	Swansea	WL152205	2
400 Individual Medley	4:49.49	4:55.50	533	18/10/15	Greater Gwent Fast Water Open Meet 2015	Newport	WL150611	2