

Individual Best Times (All Time)

Ben Brown - (50520) - East Grinstead Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	25.02	24.20	583	07/08/10	British Gas Youth Champs	Sheffield	ASA102	1
100 Freestyle	1:00.17	58.80	472	03/05/08	South East Region Youths	Aldershot	SER822	1
200 Freestyle	2:21.15	2:18.70	377	09/06/07	South East Region Age Grp	Crawley	SER716	1
50 Breaststroke	32.09	31.10	528	12/02/11	BUCS Swimming Championships (50m) 2011	Sheffield	BUC003	1
100 Breaststroke	1:12.56	1:10.80	481	13/02/11	BUCS Swimming Championships (50m) 2011	Sheffield	BUC003	1
200 Breaststroke	3:01.94	2:59.00	328	09/06/07	South East Region Age Grp	Crawley	SER716	1
50 Backstroke	30.26	29.60	471	02/05/09	South East Region Champs	Aldershot	SER909	1
100 Backstroke	1:07.06	1:05.90	455	04/05/08	South East Region Youths	Aldershot	SER822	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	23.78	24.60	609	12/11/11	BUCS Swimming (25m) Championships 2011	Sheffield	BUC004	2
100 Freestyle	55.28	56.80	533	13/03/10	Sussex County Champs	Crawley	CC0036	2
200 Freestyle	2:11.67	2:14.30	429	23/02/08	Sussex County Champs	Crawley	CC8036	2
50 Breaststroke	30.94	31.90	524	13/11/10	British University Champs	Sheffield	BUC002	2
100 Breaststroke	1:08.80	1:10.60	518	14/11/10	British University Champs	Sheffield	BUC002	2
200 Breaststroke	2:48.22	2:51.30	364	23/02/08	Sussex County Champs	Crawley	CC8036	2
50 Butterfly	28.26	28.90	455	06/12/09	Atlantis Christmas Cracker	Horsham	SE9446	2
50 Backstroke	28.80	29.50	452	06/12/09	Atlantis Christmas Cracker	Horsham	SE9446	2
100 Backstroke	1:02.98	1:04.20	451	22/02/09	Sussex County Champs	Crawley	CC9075	2
200 Backstroke	3:06.17	3:08.00	182	21/02/04	Sussex County Championships	Various	CCS010	2
200 Individual Medley	2:32.47	2:35.00	371	21/04/07	Littlehampton Qualifier	Portsmouth	SE7087	2
100 Individual Medley	1:02.32	1:02.30	494	19/02/11	Sussex County Championships	Crawley	CC1062	2