

Individual Best Times (All Time)

Ben Rowett - (514250) - Guildford City Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.57	26.80	436	08/01/17	UBSC New Year L1 Open Meet	Bristol	SW170243	1
100 Freestyle	55.82	54.30	591	05/02/22	Surrey County Age Group Championships 2022	Guildford	LR220176	1
200 Freestyle	2:03.53	2:00.70	562	29/04/17	ASA South East Region Championships 2017	Wycombe	SE170865	1
400 Freestyle	4:43.38	4:38.40	468	03/04/15	Portsmouth Northsea Easter Festival L1 Meet	Portsmouth	SE150138	1
1500 Freestyle	18:00.91	17:41.70	523	29/01/17	Surrey Age Group Championships	Guildford	LR170175	1
50 Breaststroke	41.16	40.40	250	23/03/14	BG Surrey County Championships	Crystal Palace	CC4054	1
100 Breaststroke	1:42.92	1:41.70	168	12/06/11	BG South East Region Age Group Championshi	Crawley	SER114	1
200 Breaststroke	3:17.56	3:14.90	256	30/11/13	Portsmouth Northsea Cracker Meet	Portsmouth	SE3784	1
50 Butterfly	25.56	24.80	661	09/08/22	Swim England National Summer Meet 2022	Sheffield	ENG024	1
100 Butterfly	56.53	55.20	669	06/08/22	Swim England National Summer Meet 2022	Sheffield	ENG024	1
200 Butterfly	2:09.31	2:06.90	621	03/08/18	Swim England National Summer Meet	Sheffield	ENG009	1
50 Backstroke	29.89	29.20	489	06/01/18	UBSC New Year Level 1 Open Meet	Hengrove	SW180293	1
100 Backstroke	1:05.49	1:04.30	489	10/02/18	Surrey Age Group Championships 2018	Surrey	LR180303	1
200 Backstroke	2:22.17	2:19.80	487	01/05/16	ASA South East Region Swimming Championships	Portsmouth	SE160990	1
200 Individual Medley	2:30.85	2:28.20	431	19/03/16	Rushmoor Royals L1 Spring National Qualifier	Aldershot	SE160096	1
400 Individual Medley	5:12.46	5:06.80	467	06/04/19	Guildford City Level 1 Spring Open Meet	Surrey Sports Park	SE190010	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.40	27.20	445	25/06/17	Hillingdon Summer Meet	Uxbridge	LR170897	2
100 Freestyle	53.06	54.60	603	19/12/21	The Hillingdon 2021 Fast and Festive Meet	Hillingdon	LR211283	3
200 Freestyle	1:55.07	1:58.00	643	18/12/21	The Hillingdon 2021 Fast and Festive Meet	Hillingdon	LR211283	3
400 Freestyle	4:10.65	4:16.20	607	19/11/17	Guildford City L2 Winter Meet	Guildford	SE171847	2
1500 Freestyle	16:55.82	17:15.90	579	15/10/17	Rushmoor Royals Autumn Open Meet 2017	Aldershot	SE171521	2
50 Breaststroke	40.34	41.10	236	24/11/13	Guildford County Qualifier Meet	Guildford	SE3252	3
100 Breaststroke	1:24.08	1:25.60	284	20/12/14	Hillingdon Winter Open Meet 2014	Hillingdon	LR14450	2
200 Breaststroke	3:05.05	3:07.90	273	24/11/13	Guildford County Qualifier Meet	Guildford	SE3252	3
50 Butterfly	25.72	26.40	604	08/12/19	Swim England National Winter Championships (25m)	Sheffield	ENG017	2
100 Butterfly	55.82	57.20	627	11/12/21	National Arena Swimming League South Round 3	Wycombe	SE211571	2
200 Butterfly	2:05.21	2:07.70	621	07/12/19	Swim England National Winter Championships (25m)	Sheffield	ENG017	2
50 Backstroke	28.43	29.10	470	18/11/17	Guildford City L2 Winter Meet	Guildford	SE171847	2
100 Backstroke	1:01.73	1:03.00	479	17/12/17	Hillingdon Winter Short Course Open Meet 2017	Hillingdon	LR172525	3
200 Backstroke	2:15.36	2:17.80	475	06/11/16	ASA South East Region Winter Championships 2016	Portsmouth	SE162237	2
200 Individual Medley	2:25.95	2:28.60	423	10/07/16	Guildford City July L3 Open Meet	Guildford	SE160979	3
400 Individual Medley	4:56.24	5:02.10	497	19/11/16	Guildford L2 Winter Qualifier Champs	Guildford	SE161280	2
100 Individual Medley	1:14.04	1:14.00	294	17/03/13	Surrey County Championships	Guildford	CC3041	2