

# Individual Best Times (All Time)

## Ben Lowndes - (5178) - Guernsey Swimming Club

### Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	25.33	24.50	562	20/03/06	Commonwealth Games 2006	Melbourne Australia	INT167	1
100 Freestyle	54.84	53.30	623	18/03/06	Commonwealth Games 2006	Melbourne Australia	INT167	1
200 Freestyle	2:00.00	1:57.10	614	18/03/06	Commonwealth Games 2006	Melbourne Australia	INT167	1
400 Freestyle	4:21.02	4:15.60	599	05/05/02	Southern Counties Youth Champs	Crystal Palace	SOU015	1
50 Breaststroke	33.26	32.30	474	15/03/14	Hampshire County Championships	Portsmouth	CC4116	1
100 Breaststroke	1:19.33	1:17.70	368	01/07/00	Southern Counties Age Groups	Crystal Palace	SOU010	1
200 Breaststroke	3:05.14	3:02.30	311	27/06/99	SCASA Championships	Crystal Palace	SOU001	1
50 Butterfly	27.66	27.00	521	15/03/14	Hampshire County Championships	Portsmouth	CC4116	1
100 Butterfly	59.30	58.00	579	03/05/04	SCASA Youth Championships 2004	Crystal Palace	DCS014	1
200 Butterfly	2:09.49	2:07.00	618	01/05/05	Southern Counties Youth Champs	Crystal Palace	DCS508	1
50 Backstroke	29.35	28.70	516	04/10/10	Commonwealth Games 2010	Delhi, India	INT236	1
100 Backstroke	1:05.20	1:04.00	495	07/10/10	Commonwealth Games 2010	Delhi, India	INT236	1
200 Backstroke	2:43.92	2:41.90	318	03/07/99	SCASA Championships	Crystal Palace	SOU001	1
200 Individual Medley	2:17.29	2:14.40	572	30/04/05	Southern Counties Youth Champs	Crystal Palace	DCS508	1
400 Individual Medley	5:03.57	4:57.70	509	02/08/04	ASA National Youth Champs 2004	Sheffield	ASA044	1

### Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	24.09	24.90	586	27/10/06	Tigers AIB 25th Autumn	Jersey	SE6129	2
100 Freestyle	52.30	53.90	630	24/01/03	Channel Islands (Jersey)	Fort Regent	DMS128	2
200 Freestyle	1:54.84	1:57.80	647	16/03/03	Hampshire County Champs 2003	Various	CTY215	2
400 Freestyle	4:07.85	4:13.40	628	22/04/05	Guernsey Island Championships	Guernsey	L1S222	2
800 Freestyle	9:12.24	9:22.60	517	14/12/07	Guernsey Club Champs	Guernsey	SE7288	4
1500 Freestyle	16:42.33	17:02.70	603	20/01/07	Channel Island Champs	Guernsey	SE7076	2
50 Breaststroke	30.70	31.70	536	30/06/15	NatWest Island Games 2015	Jersey	SE150831	2
100 Breaststroke	1:04.94	1:06.80	616	29/06/15	NatWest Island Games 2015	Jersey	SE150831	2
200 Breaststroke	2:26.52	2:30.10	551	27/10/06	Tigers AIB 25th Autumn	Jersey	SE6129	2
50 Butterfly	25.94	26.70	589	01/07/09	Nat West Island Games 2009	Aland	GB9030	2
100 Butterfly	55.49	56.80	638	30/06/09	Nat West Island Games 2009	Aland	GB9030	2
200 Butterfly	2:04.31	2:06.80	635	27/06/11	Nat West Island Games 2011	Isle of Wight	INT247	3
50 Backstroke	27.23	28.00	535	29/06/09	Nat West Island Games 2009	Aland	GB9030	2
100 Backstroke	57.90	59.30	581	02/07/09	Nat West Island Games 2009	Aland	GB9030	2
200 Backstroke	2:13.99	2:16.50	489	13/10/09	Guernsey Club Champs	Guernsey	SE9245	4
200 Individual Medley	2:09.09	2:12.10	612	18/04/03	Reading Open Meet 2003	Reading	DMS136	2
400 Individual Medley	4:37.77	4:44.00	604	08/07/09	Guernsey Club Champs	Guernsey	SE9243	4
100 Individual Medley	57.54	57.50	628	29/06/09	Nat West Island Games 2009	Aland	GB9030	2