

# Individual Best Times (All Time)

Ben Kelly - (524309) - Alnwick Dolphin SC

## Long Course

| Stroke                | LC Time | Converted to SC | LC WA Pts | Date     | Meet  | Venue      | Licence  | Level |
|-----------------------|---------|-----------------|-----------|----------|---|------------|----------|-------|
| 50 Freestyle          | 33.20   | 32.60           | 249       | 05/01/13 | City of Sunderland New Year Meet              | Sunderland | NE3092   | 3     |
| 100 Freestyle         | 1:08.15 | 1:06.90         | 325       | 08/03/14 | Northumberland & Durham SA County Champs      | Sunderland | CC4066   | 1     |
| 200 Freestyle         | 2:26.68 | 2:24.30         | 336       | 23/02/14 | Northumberland & Durham SA County Champs      | Sunderland | CC4065   | 1     |
| 400 Freestyle         | 4:59.76 | 4:55.00         | 395       | 30/05/15 | City of Sunderland Last Chance Qualifier Meet | Sunderland | NE151004 | 1     |
| 50 Breaststroke       | 39.81   | 39.00           | 276       | 02/02/14 | NDSA Championships                            | Sunderland | CC4064   | 1     |
| 100 Breaststroke      | 1:27.75 | 1:26.30         | 272       | 22/02/14 | Northumberland & Durham SA County Champs      | Sunderland | CC4065   | 1     |
| 200 Breaststroke      | 3:03.29 | 3:00.40         | 320       | 09/03/14 | Northumberland & Durham SA County Champs      | Sunderland | CC4066   | 1     |
| 50 Backstroke         | 38.06   | 37.50           | 236       | 09/03/13 | Northumberland & Durham County Champs         | Sunderland | CC3097   | 1     |
| 100 Backstroke        | 1:20.24 | 1:19.20         | 265       | 09/03/14 | Northumberland & Durham SA County Champs      | Sunderland | CC4066   | 1     |
| 200 Backstroke        | 2:45.42 | 2:43.40         | 309       | 08/03/14 | Northumberland & Durham SA County Champs      | Sunderland | CC4066   | 1     |
| 200 Individual Medley | 2:54.39 | 2:52.10         | 279       | 05/01/13 | City of Sunderland New Year Meet              | Sunderland | NE3092   | 3     |

## Short Course

| Stroke                | SC Time  | Converted to LC | SC WA Pts | Date     | Meet                                     | Venue      | License  | Level |
|-----------------------|----------|-----------------|-----------|----------|--|------------|----------|-------|
| 50 Freestyle          | 30.71    | 31.40           | 282       | 15/11/14 | Borough Of Stockton Swim Scheme Meet     | Billingham | NE14131  | 3     |
| 100 Freestyle         | 1:04.07  | 1:05.40         | 342       | 11/07/15 | Alnwick Dolphins Club Championships      | Alnwick    | NE151006 | 4     |
| 200 Freestyle         | 2:16.36  | 2:18.90         | 386       | 10/10/15 | Tynemouth ASC Autumn NER Qualifier       | Tynemouth  | NE151452 | 3     |
| 400 Freestyle         | 4:57.62  | 5:02.30         | 362       | 19/01/14 | Newburn New Year Graded Meet             | Stanley    | NE4304   | 3     |
| 1500 Freestyle        | 19:47.43 | 20:04.70        | 362       | 12/11/13 | Alnwick Dolphins 800 & 1500 Time Trials  | Didcot     | NE3994   | 4     |
| 50 Breaststroke       | 36.09    | 37.00           | 330       | 10/10/15 | Tynemouth ASC Autumn NER Qualifier       | Tynemouth  | NE151452 | 3     |
| 100 Breaststroke      | 1:19.03  | 1:20.60         | 342       | 10/10/15 | Tynemouth ASC Autumn NER Qualifier       | Tynemouth  | NE151452 | 3     |
| 200 Breaststroke      | 2:51.65  | 2:54.70         | 343       | 11/07/15 | Alnwick Dolphins Club Championships      | Alnwick    | NE151006 | 4     |
| 50 Butterfly          | 41.12    | 41.60           | 147       | 11/05/13 | Tynemouth ASC Open Sprints & Teams 2013  | Tynemouth  | NE3325   | 3     |
| 100 Butterfly         | 1:25.64  | 1:26.50         | 173       | 18/01/14 | Newburn New Year Graded Meet             | Stanley    | NE4304   | 3     |
| 50 Backstroke         | 36.05    | 36.60           | 230       | 18/01/15 | Newcastle Swim Team New Year Graded Meet | Stanley    | NE150266 | 3     |
| 100 Backstroke        | 1:13.78  | 1:14.90         | 281       | 11/07/15 | Alnwick Dolphins Club Championships      | Alnwick    | NE151006 | 4     |
| 200 Backstroke        | 2:35.60  | 2:37.70         | 312       | 10/10/15 | Tynemouth ASC Autumn NER Qualifier       | Tynemouth  | NE151452 | 3     |
| 200 Individual Medley | 2:39.85  | 2:42.30         | 322       | 12/07/15 | Alnwick Dolphins Club Championships      | Alnwick    | NE151006 | 4     |
| 400 Individual Medley | 5:50.34  | 5:55.30         | 301       | 04/07/14 | Alnwick Dolphins 2014 Club Championships | Alnwick    | NE4686   | 4     |
| 100 Individual Medley | 1:21.43  | 1:21.40         | 221       | 11/05/13 | Tynemouth ASC Open Sprints & Teams 2013  | Tynemouth  | NE3325   | 3     |