

Individual Best Times (All Time)

Benjamin Williams - (535185) - Alton & District Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	26.66	25.90	482	02/04/18	Swim Wales LC Championships	Swansea	WL180090	1
100 Freestyle	59.72	58.30	483	08/04/18	Crawley Spring Open	Crawley	SE180013	1
200 Freestyle	2:18.04	2:15.50	403	17/07/16	Portsmouth Northsea End of Season Meet	Portsmouth	SE160364	3
400 Freestyle	4:58.12	4:53.40	402	02/12/17	Rushmoor Royals Last Chance County Qualifier Meet	Aldershot	SE171586	3
50 Breaststroke	36.10	35.20	371	03/02/18	Hampshire County Championships 2018	Mountbatten LC	SE180161	1
100 Breaststroke	1:26.12	1:24.60	288	17/07/16	Portsmouth Northsea End of Season Meet	Portsmouth	SE160364	3
200 Breaststroke	3:07.99	3:05.20	297	05/06/16	Portsmouth Northsea LC Opportunity 2016	Portsmouth	SE160455	3
50 Butterfly	28.53	27.90	475	25/02/18	Rushmoor Royals Regional Qualifier Open Meet	Aldershot	SE180239	3
100 Butterfly	1:05.96	1:04.80	421	04/02/18	Hampshire County Championships 2018	Mountbatten LC	SE180161	1
50 Backstroke	36.84	36.30	261	08/05/16	Portsmouth Northsea LC Sprint Meet 2016	Portsmouth	SE160454	3
100 Backstroke	1:26.50	1:25.60	212	10/01/15	Rushmoor Royals 9th New Year Open Meet	Aldershot	SE150330	3
200 Backstroke	3:03.30	3:01.50	227	11/01/15	Rushmoor Royals 9th New Year Open Meet	Aldershot	SE150330	3
200 Individual Medley	2:40.71	2:38.20	356	17/07/16	Portsmouth Northsea End of Season Meet	Portsmouth	SE160364	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.69	27.50	430	27/10/18	Hart SC Autumn Level 3 Open Meet 2018	Hart	SE181205	3
100 Freestyle	59.36	1:00.80	431	25/11/17	Black Swan County Qualifier Meet 2017	Walton On Thames	SE171986	3
200 Freestyle	2:11.87	2:14.50	427	25/11/17	Black Swan County Qualifier Meet 2017	Walton On Thames	SE171986	3
400 Freestyle	4:51.16	4:55.90	387	16/10/16	Rushmoor Royals Autumn Open Meet 2016	Aldershot	SE161499	2
1500 Freestyle	19:53.41	20:10.60	357	19/09/16	Alton District Club Championships	Petersfield	SE161432	4
50 Breaststroke	36.06	36.90	331	16/06/18	Alton & District Club Championship	Alton	SE181290	4
100 Breaststroke	1:16.24	1:17.90	381	15/12/19	Rushmoor Royals First Come First Serve Sprint Meet	Hart	SE192484	3
200 Breaststroke	2:55.69	2:58.70	319	16/06/18	Alton & District Club Championship	Alton	SE181290	4
50 Butterfly	29.23	29.90	411	15/12/19	Rushmoor Royals First Come First Serve Sprint Meet	Hart	SE192484	3
100 Butterfly	1:04.41	1:05.60	408	09/12/17	NASLS - Round Three	Aldershot	SE172624	3
50 Backstroke	33.53	34.10	286	11/06/17	Havant & Waterlooville Swim Out of Your Skin Open	Waterlooville	SE171135	3
100 Backstroke	1:17.51	1:18.50	242	22/07/17	Fareham Nomads Summer Meet 2017	Waterlooville	SE170917	3
200 Backstroke	2:51.64	2:53.60	233	04/07/15	Hampshire County Development Competition 2015	Waterlooville	SE150939	3
200 Individual Medley	2:33.77	2:36.30	362	14/10/17	NASLS - South Round One	Aldershot	SE172144	3
100 Individual Medley	1:10.57	1:10.60	340	16/06/18	Alton & District Club Championship	Alton	SE181290	4