

Individual Best Times (All Time)

Benjamin Shepherd - (540846) - Chesham SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.87	27.10	422	07/02/15	Wycombe February Sprint 2015	High Wycombe	SE150282	3
100 Freestyle	1:04.05	1:02.70	391	08/02/14	Wycombe District Annual LC Open Meet	Wycombe	SE4140	1
50 Butterfly	40.77	40.30	162	14/05/11	Wycombe & District Sprint Meet	Wycombe	SE1441	3
100 Butterfly	1:06.82	1:05.70	405	07/02/15	Wycombe February Sprint 2015	High Wycombe	SE150282	3
50 Backstroke	35.04	34.50	303	08/02/14	Wycombe District Annual LC Open Meet	Wycombe	SE4140	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.84	27.60	423	19/09/15	Chesham SC Club Championships 2015	Chesham	SE151443	4
100 Freestyle	59.60	1:01.00	425	23/11/14	Chesham Club Championships	Chesham	SE14314	4
200 Freestyle	2:13.19	2:15.80	415	22/11/14	Chesham Club Championships	Chesham	SE14314	4
400 Freestyle	4:47.12	4:52.00	403	11/11/14	Chesham Club Championships	Chesham	SE14311	4
800 Freestyle	10:05.71	10:15.20	392	10/11/14	Chesham Club Championships	Chesham	SE14311	4
1500 Freestyle	19:08.21	19:26.00	401	17/11/14	Chesham Club Championships	Chesham	SE14313	4
50 Breaststroke	38.38	39.20	274	22/11/14	Chesham Club Championships	Chesham	SE14314	4
100 Breaststroke	1:24.59	1:26.10	279	19/09/15	Chesham SC Club Championships 2015	Chesham	SE151443	4
50 Butterfly	28.30	29.00	453	12/03/16	Watford Regional Qualifier	Watford	ER160088	3
100 Butterfly	1:04.32	1:05.50	409	17/01/16	Berkshire & Sth Bucks 2016 County Championships	Maidenhead	SE160040	2
200 Butterfly	2:25.33	2:27.50	397	12/03/16	Watford Regional Qualifier	Watford	ER160088	3
50 Backstroke	32.02	32.60	329	18/11/14	Chesham Club Championships	Chesham	SE14313	4
100 Backstroke	1:06.83	1:08.00	378	13/12/14	NASL 2014 Round 3	Guildford	LR14700	3
200 Individual Medley	2:31.38	2:34.00	379	08/11/14	NASL2014 Round 2	Portsmouth	LR14626	3
400 Individual Medley	5:20.47	5:25.90	393	13/11/14	Chesham Club Championships	Chesham	SE14312	4
100 Individual Medley	1:09.47	1:09.50	356	22/11/14	Chesham Club Championships	Chesham	SE14314	4