

Individual Best Times (All Time)

Ben Ward - (729550) - Chester-Le-Street SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.79	27.00	425	24/03/19	City of Sunderland National Qualifier 2019	Sunderland	NE190554	1
100 Freestyle	1:01.31	59.90	446	23/03/19	City of Sunderland National Qualifier 2019	Sunderland	NE190554	1
200 Freestyle	2:15.76	2:13.20	424	24/03/19	City of Sunderland National Qualifier 2019	Sunderland	NE190554	1
50 Breaststroke	39.23	38.40	289	24/03/19	City of Sunderland National Qualifier 2019	Sunderland	NE190554	1
50 Butterfly	33.67	33.10	289	28/01/18	Burns Meet 2018	Sheffield	NE180177	1
100 Butterfly	1:20.16	1:19.20	234	26/02/17	Northumberland & Durham SA 2017 Championships	Sunderland	NE170190	1
50 Backstroke	31.23	30.60	428	05/05/19	Swim England North East Region Championships (50)	Sheffield	NE190135	1
100 Backstroke	1:09.96	1:08.80	401	24/03/19	City of Sunderland National Qualifier 2019	Sunderland	NE190554	1
200 Backstroke	2:53.59	2:51.70	268	25/02/17	Northumberland & Durham SA 2017 Championships	Sunderland	NE170190	1
200 Individual Medley	2:35.90	2:33.30	390	26/01/19	Chester le Street ASC and Derwentside Burns Meet	Sheffield	NE190005	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.90	27.70	420	16/06/19	Middlesbrough 2019 June Meet Gala	The Neptune Centre	NE190122	3
100 Freestyle	59.19	1:00.60	434	13/04/19	Chester Le Street Open Meet 2019	Chester-le-Street	NE191526	3
200 Freestyle	2:11.35	2:14.00	432	13/10/19	BOSSS Winter Swim Festival 2019	Billingham	NE191908	2
400 Freestyle	5:48.55	5:52.60	225	09/04/16	Gateshead & Whickham Spring Meet	Dunston	NE160595	3
50 Breaststroke	37.25	38.10	300	13/04/19	Chester Le Street Open Meet 2019	Chester-le-Street	NE191526	3
100 Breaststroke	1:20.26	1:21.80	326	16/06/19	Middlesbrough 2019 June Meet Gala	The Neptune Centre	NE190122	3
50 Butterfly	30.25	30.90	371	13/04/19	Chester Le Street Open Meet 2019	Chester-le-Street	NE191526	3
100 Butterfly	1:09.11	1:10.20	330	22/09/19	Billingham ASC Autumn Meet 2019	Billingham	NE191138	3
50 Backstroke	30.59	31.20	377	03/11/19	North East Region Open Championships (25m)	Sheffield	NE192157	2
100 Backstroke	1:05.80	1:07.00	396	02/11/19	North East Region Open Championships (25m)	Sheffield	NE192157	2
200 Backstroke	2:23.32	2:25.60	400	03/11/19	North East Region Open Championships (25m)	Sheffield	NE192157	2
200 Individual Medley	2:34.02	2:36.60	360	28/10/18	Chester Le Street Junior Gala 2018	Chester-le-Street	NE182117	3
100 Individual Medley	1:11.86	1:11.90	322	17/11/18	TASC Winer Gala	Tynemouth Pool	NE182119	3