

Individual Best Times (All Time)

Ben Gilchrist - (856706) - Richmond Dales ASC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	26.45	25.70	494	02/07/22	Richmond Dales ASC Summer Madness Gala	Leeds	NE220716	3
100 Freestyle	57.07	55.60	553	25/07/21	SENE & NDSA Summer Racing Series	Sunderland Aquatic C	NE210265	1
200 Freestyle	2:03.54	2:00.70	562	17/12/22	Northampton SC Winter Festival 2022	Corby	EM221730	1
400 Freestyle	4:19.44	4:14.00	610	07/04/19	Derwentio Excel 13th Long Course Open Meet	Sheffield	EM190236	1
800 Freestyle	9:04.16	8:53.50	573	05/04/19	Derwentio Excel 13th Long Course Open Meet	Sheffield	EM190236	1
1500 Freestyle	17:19.59	16:59.60	588	09/02/18	N & D 2018 Championships	Sunderland	NE180243	1
50 Breaststroke	32.69	31.70	500	25/02/23	Northumberland & Durham County Championships 2023	Sunderland	NE230206	1
100 Breaststroke	1:11.03	1:09.20	513	25/03/18	City of Sunderland National Qualifier	Sunderland	NE180846	1
200 Breaststroke	2:28.16	2:24.60	607	27/05/18	DX 2nd Long Course Open Meet	Sheffield	EM180319	1
50 Butterfly	27.52	26.80	529	25/02/23	Northumberland & Durham County Championships 2023	Sunderland	NE230206	1
100 Butterfly	59.19	57.90	583	27/02/22	Northumberland & Durham SA County Championships 22	Sunderland	NE220164	1
200 Butterfly	2:12.72	2:10.30	574	30/04/23	SE NE Region Open/Youth Championships (50m) 2023	Sheffield	NE230133	1
50 Backstroke	30.66	30.00	453	19/03/22	Richmond Dales ASC April Fool Gala	Leeds	NE220118	3
100 Backstroke	1:06.65	1:05.40	464	25/01/20	Chester le Street & Derwentside Burns Meet 2020	Sheffield	NE200004	1
200 Backstroke	2:23.68	2:21.30	472	26/01/20	Chester le Street & Derwentside Burns Meet 2020	Sheffield	NE200004	1
200 Individual Medley	2:16.23	2:13.30	585	24/05/19	Glasgow International Swim Meet	Tollcross	SCO1665	1
400 Individual Medley	4:48.42	4:42.30	594	06/04/19	Derwentio Excel 13th Long Course Open Meet	Sheffield	EM190236	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	25.51	26.30	493	07/11/21	SE North East Region Open Championships (25m) 2021	Sheffield	NE210917	2
100 Freestyle	55.28	56.80	533	22/12/19	Durham City Autum Gala	Durham	NE193222	4
200 Freestyle	1:57.60	2:00.50	603	12/12/21	Middlesbrough Christmas 2021 Meet	Middlesbrough	NE211080	3
400 Freestyle	4:13.06	4:18.50	590	11/12/21	Middlesbrough Christmas 2021 Meet	Middlesbrough	NE211080	3
800 Freestyle	8:59.81	9:10.40	554	07/01/22	Richmond Dales ASC Club Champs 2022	Catterick	NE220225	4
1500 Freestyle	16:47.48	17:07.70	593	08/12/18	Scottish National Short Course Open Swimming	Edinburgh	SCO1566	2
50 Breaststroke	32.33	33.30	459	28/04/19	Durham City Club Gala Series 2019 - Gala - 1	Freemans Quay	NE191918	4
100 Breaststroke	1:10.24	1:12.00	487	26/11/17	Durham City Autumn Club Gala 2017	Durham	NE172263	4
200 Breaststroke	2:24.77	2:28.40	571	28/04/19	Durham City Club Gala Series 2019 - Gala - 1	Freemans Quay	NE191918	4
50 Butterfly	27.01	27.70	522	06/11/21	SE North East Region Open Championships (25m) 2021	Sheffield	NE210917	2
100 Butterfly	58.99	1:00.30	531	11/12/21	Middlesbrough Christmas 2021 Meet	Middlesbrough	NE211080	3
200 Butterfly	2:08.73	2:11.20	571	12/12/21	Middlesbrough Christmas 2021 Meet	Middlesbrough	NE211080	3
50 Backstroke	29.76	30.40	410	09/01/22	Richmond Dales ASC Club Champs 2022	Catterick	NE220225	4
100 Backstroke	1:03.12	1:04.40	448	21/10/21	Richmond Dales ASC Autumn Time Trial	Richmond	NE211277	4
200 Backstroke	2:14.31	2:16.80	486	13/12/19	Scottish National Short Course Championships	Edinburgh	SCO1762	2
200 Individual Medley	2:12.65	2:15.60	564	28/04/19	Durham City Club Gala Series 2019 - Gala - 1	Freemans Quay	NE191918	4
400 Individual Medley	4:37.47	4:43.70	606	12/12/21	Middlesbrough Christmas 2021 Meet	Middlesbrough	NE211080	3
100 Individual Medley	1:01.75	1:01.80	508	11/12/21	Middlesbrough Christmas 2021 Meet	Middlesbrough	NE211080	3