

Individual Best Times (All Time)

Benjamin Bradshaw - (858054) - Brompton SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	26.04	25.20	517	06/05/18	2018 London Swimming Regional Summer Champs	Stratford	LR180781	1
100 Freestyle	55.18	53.60	612	26/01/19	2019 Middlesex County Championships	London	LR190268	1
200 Freestyle	1:59.86	1:56.90	616	04/05/19	London 2019 Long Course Summer Championships	London Aquatics Cnt	LR191253	1
400 Freestyle	4:22.92	4:17.50	586	07/05/18	2018 London Swimming Regional Summer Champs	Stratford	LR180781	1
50 Breaststroke	35.48	34.60	391	04/11/17	2017 London Swimming Regional Winter Champs	London	LR172075	1
100 Breaststroke	1:31.33	1:29.90	241	16/11/13	Aquae Sulis Grand Prix	Bristol	SW3266	1
200 Breaststroke	3:12.56	3:09.80	276	08/06/14	London Region Age Group Championships	Stratford	LRX407	1
50 Butterfly	27.22	26.50	547	04/05/19	London 2019 Long Course Summer Championships	London Aquatics Cnt	LR191253	1
100 Butterfly	1:00.13	58.90	556	17/12/21	Swim Wales Winters 2021	Swansea	WAL618	1
200 Butterfly	2:14.97	2:12.60	546	29/05/16	ASA London Region Last Chance Meet	Crystal Palace	LR160450	1
50 Backstroke	32.19	31.60	391	04/11/17	2017 London Swimming Regional Winter Champs	London	LR172075	1
100 Backstroke	1:16.33	1:15.30	308	15/06/14	London Region Age Group Championships	Stratford	LRX408	1
200 Backstroke	2:41.30	2:39.20	334	07/06/14	London Region Age Group Championships	Stratford	LRX407	1
200 Individual Medley	2:25.31	2:22.60	482	09/04/16	London Region Summer Championships	London	LR160414	1
400 Individual Medley	5:01.35	4:55.50	521	29/05/16	ASA London Region Last Chance Meet	Crystal Palace	LR160450	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	25.07	25.90	520	16/12/18	Hillingdon Winter Meet 2018	Uxbridge	LR182147	3
100 Freestyle	52.99	54.50	605	15/12/18	Hillingdon Winter Meet 2018	Uxbridge	LR182147	3
200 Freestyle	1:57.34	2:00.30	607	14/07/18	S&C Summer Time Splash	Westcroft LC	LR181081	4
400 Freestyle	4:22.03	4:27.30	531	19/11/16	Aquae Sulis Autumn Level 2 Meet	Bristol	SW162363	2
50 Breaststroke	32.73	33.70	442	17/06/18	Brompton Summer Club Championships 2018	Fulham Pools	LR181405	4
100 Breaststroke	1:16.36	1:18.00	379	18/11/18	Hitchin Open Meet 2018	Borehamwood	ER180752	3
200 Breaststroke	2:52.68	2:55.70	336	29/11/15	Chelsea & Westminster November 2015 Club Gala	London	LR152315	4
50 Butterfly	26.56	27.30	549	16/12/18	Hillingdon Winter Meet 2018	Uxbridge	LR182147	3
100 Butterfly	57.57	58.90	571	15/12/18	Hillingdon Winter Meet 2018	Uxbridge	LR182147	3
200 Butterfly	2:09.33	2:11.70	563	15/12/18	Hillingdon Winter Meet 2018	Uxbridge	LR182147	3
50 Backstroke	32.77	33.40	307	29/11/15	Chelsea & Westminster November 2015 Club Gala	London	LR152315	4
100 Backstroke	1:08.78	1:09.90	346	18/11/18	Hitchin Open Meet 2018	Borehamwood	ER180752	3
200 Backstroke	2:26.66	2:28.90	373	30/01/16	MCASA County Championships 2016	Barnet	LR160280	2
200 Individual Medley	2:16.94	2:19.80	513	05/11/16	London Region Winter Championships	Stratford	LR162227	2
400 Individual Medley	5:03.19	5:08.90	464	24/01/16	MCASA County Championships 2016	Barnet	LR160279	2
100 Individual Medley	1:02.68	1:02.70	485	17/06/18	Brompton Summer Club Championships 2018	Fulham Pools	LR181405	4