

# Individual Best Times (All Time)

## Benjamin Foulston - (866536) - Bramcote Swimming Club

### Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	26.91	26.10	469	28/04/17	British Para Swimming International 2017	Sheffield	BSW003	1
100 Freestyle	57.60	56.10	538	07/07/17	Berlin Open Meet 2017	Berlin	DIS115	1
200 Freestyle	2:06.26	2:03.50	527	06/07/17	Berlin Open Meet 2017	Berlin	DIS115	1
400 Freestyle	4:25.77	4:20.40	567	08/07/17	Berlin Open Meet 2017	Berlin	DIS115	1
100 Breaststroke	1:32.45	1:31.10	232	26/03/15	British Para Swimming International	Glasgow	DIS104	1
50 Butterfly	37.11	36.60	216	01/12/13	City of Sheffield Snow Frills Gala	Sheffield	NE3174	3
100 Butterfly	1:04.90	1:03.70	442	06/07/17	Berlin Open Meet 2017	Berlin	DIS115	1
50 Backstroke	37.98	37.40	238	30/11/13	City of Sheffield Snow Frills Gala	Sheffield	NE3174	3
100 Backstroke	1:10.48	1:09.30	392	09/07/17	Berlin Open Meet 2017	Berlin	DIS115	1
200 Individual Medley	2:27.67	2:25.00	460	28/04/17	British Para Swimming International 2017	Sheffield	BSW003	1

### Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.80	27.60	425	09/12/17	National Para-Swimming Champs 2017	Manchester	DIS116	2
100 Freestyle	58.20	59.60	457	09/12/17	National Para-Swimming Champs 2017	Manchester	DIS116	2
200 Freestyle	2:09.93	2:12.60	447	24/10/15	Nova Centurion October Short Course Open Meet	Nottingham	EM151600	2
400 Freestyle	4:25.88	4:31.10	508	06/11/16	Midland Short Course Championships 2016	Nottingham	EM162223	2
50 Breaststroke	43.99	44.70	182	08/07/14	Bramcote Combined Diddy & BAGCAT Club Champ	Bramcote	EM4712	4
100 Breaststroke	1:30.24	1:31.60	229	28/06/14	ASA East Midland Regional Disability Meet	Nottingham	EM4602	3
200 Breaststroke	4:29.99	4:31.90	88	08/11/11	Bramcote Club Championships	Bramcote	EM1523	4
50 Butterfly	29.98	30.60	381	06/07/15	Bramcote Combined Diddy & BAGCAT Champs	Bramcote	EM151249	4
100 Butterfly	1:06.29	1:07.40	374	15/10/16	Nova Centurion October L2 SC Open Meet	Nottingham	EM161876	2
200 Butterfly	3:00.94	3:02.70	205	06/07/14	Bramcote Combined Diddy & BAGCAT	Bramcote	EM4711	4
50 Backstroke	33.20	33.80	295	14/10/14	Bramcote Combined Diddy & BAGCAT Club Champ	Bramcote	EM4713	4
100 Backstroke	1:08.77	1:09.90	347	14/03/15	Nottinghamshire County Championships	Nottingham	CC150386	2
200 Backstroke	2:43.31	2:45.30	270	07/07/14	Bramcote Combined Diddy & BAGCAT	Bramcote	EM4711	4
200 Individual Medley	2:27.94	2:30.60	406	08/11/15	Midland 2015 Short Course Championships	Nottingham	EM151953	2
400 Individual Medley	5:35.78	5:41.00	341	11/04/15	The 2015 Leicester Age Group Meet	Leicester	EM150392	3
100 Individual Medley	1:23.32	1:23.30	206	13/10/13	Bramcote Combined Diddy & Club Champs	Bramcote	EM3604	4