

# Individual Best Times (All Time)

Benjamin Garton - (884450) - Nene Valley SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	25.08	24.20	579	03/03/18	Edinburgh International Inc British Championships	Edinburgh	SCO1430	1
100 Freestyle	54.43	52.90	638	15/04/18	Swim England East Midland Championships 2018	Sheffield	EM180958	1
200 Freestyle	2:05.53	2:02.70	536	13/01/18	City of Derby 17th LC Level 1 Licensed Open Meet	Sheffield	EM180084	1
400 Freestyle	4:43.20	4:38.20	469	07/02/15	Derventio Excel February Festival	Sheffield	EM150033	1
1500 Freestyle	18:52.34	18:34.00	455	14/06/14	BG ASA East Region BAGCAT Championships 2014	Norwich	ERX413	1
50 Breaststroke	35.71	34.80	383	01/07/17	Corby 50m Club Championships	Corby	EM171323	4
100 Breaststroke	1:15.59	1:13.90	426	14/05/17	Northampton 2017 Long Course Spring Festival	Corby	EM170338	1
200 Breaststroke	3:39.55	3:37.10	186	18/03/12	Northamptonshire County Championships	Corby	CC2086	1
50 Butterfly	34.87	34.30	260	13/07/14	Northampton Summer Festival Open Meet	Corby	EM4053	3
100 Butterfly	1:08.98	1:07.90	368	11/03/18	Nova Centurion March Sprint Meet 2018	Nottingham	EM180094	3
50 Backstroke	31.19	30.50	430	01/07/17	Corby 50m Club Championships	Corby	EM171323	4
100 Backstroke	1:07.77	1:06.60	441	30/09/17	Corby 100m Club Championships	Corby	EM171671	4
200 Backstroke	2:33.22	2:31.00	389	07/02/15	Derventio Excel February Festival	Sheffield	EM150033	1
200 Individual Medley	2:23.15	2:20.40	505	01/07/17	Corby 50m Club Championships	Corby	EM171323	4
400 Individual Medley	5:25.20	5:19.80	414	02/05/15	ASA East Region Summer Championships Weekend 1	Luton	ER150672	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	24.90	25.70	530	16/12/17	Northampton Winter Festival	Rugby	EM171978	3
100 Freestyle	54.03	55.60	571	17/12/17	Northampton Winter Festival	Rugby	EM171978	3
200 Freestyle	2:05.74	2:08.50	493	01/04/17	COSACSS Y2K 2017	Stoke-on-Trent	WM170584	3
400 Freestyle	4:36.06	4:41.10	454	20/03/15	Cambridgeshire ASA County Championships	Peterborough	CC150957	2
50 Breaststroke	36.45	37.30	320	17/09/16	NASA 2016 Short Course Competition	Rugby	EM162201	3
100 Breaststroke	1:12.33	1:14.00	446	08/04/17	COPS Last Chance Regional Qualifier 2017	Peterborough	ER170327	3
200 Breaststroke	2:48.73	2:51.80	361	30/01/16	Cambridgeshire County Championships	Whittlesey	ER160701	2
50 Butterfly	31.20	31.80	338	10/01/16	Cambridgeshire County Championships	Cambridge	ER160368	2
100 Butterfly	1:06.71	1:07.80	367	18/06/16	Northamptonshire ASA 2016 Age Group Gala	Corby	EM161434	4
50 Backstroke	32.02	32.60	329	21/11/15	COPS Winter Open Meet	Peterborough	ER151898	3
100 Backstroke	1:07.05	1:08.20	374	07/03/15	Cambridgeshire ASA County Championships	Peterborough	CC150083	2
200 Backstroke	2:25.26	2:27.50	384	09/01/16	Cambridgeshire County Championships	Cambridge	ER160368	2
200 Individual Medley	2:24.06	2:26.80	440	16/12/17	Northampton Winter Festival	Rugby	EM171978	3
400 Individual Medley	5:11.35	5:16.90	428	28/03/15	Cambridgeshire ASA County Championships	Cambridge	CC150085	2
100 Individual Medley	1:05.36	1:05.40	428	16/09/17	NASA 2017 Short Course Competition	Rugby	EM172170	3