

# Individual Best Times (All Time)

Benjamin Colling - (891918) - The University Of Birmingham

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.45	26.70	442	04/03/18	City of Sheffield Swim Squad	Sheffield	NE180162	3
100 Freestyle	1:01.48	1:00.10	442	04/03/18	City of Sheffield Swim Squad	Sheffield	NE180162	3
50 Breaststroke	35.67	34.80	385	24/02/18	Yorkshire County Championships	Sheffield	NE180137	1
100 Breaststroke	1:18.57	1:17.00	379	06/05/18	North East Region Championships	Sheffield	NE180150	1
50 Butterfly	30.33	29.70	395	04/03/18	City of Sheffield Swim Squad	Sheffield	NE180162	3
100 Butterfly	1:12.67	1:11.60	315	12/03/17	City of Sheffield March Madness	Sheffield	NE170247	3
50 Backstroke	33.95	33.40	333	23/02/19	Yorkshire County Championships	Sheffield	NE190129	1
100 Backstroke	1:20.02	1:19.00	268	01/03/15	City of Sheffield Swim Squad Mini Qualifier	Sheffield	NE150213	3
200 Backstroke	3:08.76	3:07.00	208	19/01/13	City of Leeds New Year Meet	Leeds	NE3218	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.00	27.80	416	04/11/18	Swim England North East Region Championships (25)	Sheffield	NE182208	2
100 Freestyle	1:00.23	1:01.60	412	14/07/18	Rotherham Metro A & B Grade SC	Sheffield	NE180245	3
200 Freestyle	2:18.41	2:20.90	370	24/09/16	York City Baths Autumn Swim Extravaganza	Leeds	NE161208	3
50 Breaststroke	34.06	35.00	393	07/12/19	Chesterfield Winter Open Championships	Matlock	EM192125	3
100 Breaststroke	1:15.19	1:16.80	397	08/12/19	Chesterfield Winter Open Championships	Matlock	EM192125	3
50 Butterfly	29.61	30.20	396	03/11/18	Swim England North East Region Championships (25)	Sheffield	NE182208	2
50 Backstroke	32.46	33.10	316	14/07/18	Rotherham Metro A & B Grade SC	Sheffield	NE180245	3
100 Backstroke	1:15.19	1:16.30	265	20/03/16	Barracudas A B C Sprints Gala	Beverley	NE160440	3
200 Backstroke	2:54.28	2:56.20	222	03/11/13	York City Baths Regional Qualifier	Hull	NE3821	3
200 Individual Medley	2:29.81	2:32.40	391	18/03/18	Barracudas A B C Short Course Sprints Gala	Beverley	NE180143	3
100 Individual Medley	1:07.55	1:07.60	388	16/06/18	Team Jorvik Viking Spring 2018	Leeds	NE180994	3