

Individual Best Times (All Time)

Benji Jeffreys - (90010632) - South Ayrshire ASC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	24.86	24.00	595	30/06/24	2024 Scottish National Open Swimming Championships	Edinburgh	SS241309	1
100 Freestyle	55.92	54.40	588	14/04/24	2024 Scottish National Age Group Swimming Champs	Aberdeen	SS240959	1
200 Freestyle	2:08.92	2:06.20	495	29/06/24	2024 Scottish National Open Swimming Championships	Edinburgh	SS241309	1
50 Breaststroke	37.56	36.70	329	14/05/23	2023 SS West District LC May AG Meet	Glasgow	SCO2027	1
100 Breaststroke	1:19.19	1:17.60	370	13/05/23	2023 SS West District LC May AG Meet	Glasgow	SCO2027	1
200 Breaststroke	2:51.58	2:48.50	391	13/05/23	2023 SS West District LC May AG Meet	Glasgow	SCO2027	1
50 Butterfly	26.80	26.10	573	29/06/24	2024 Scottish National Open Swimming Championships	Edinburgh	SS241309	1
100 Butterfly	58.66	57.40	599	13/04/24	2024 Scottish National Age Group Swimming Champs	Aberdeen	SS240959	1
200 Butterfly	2:20.85	2:18.60	480	11/04/24	2024 Scottish National Age Group Swimming Champs	Aberdeen	SS240959	1
50 Backstroke	28.59	27.90	558	14/07/23	Scottish Summer Meet	Aberdeen	SCO2055	1
100 Backstroke	1:02.48	1:01.20	563	10/04/24	2024 Scottish National Age Group Swimming Champs	Aberdeen	SS240959	1
200 Backstroke	2:22.29	2:19.90	486	30/06/24	2024 Scottish National Open Swimming Championships	Edinburgh	SS241309	1
200 Individual Medley	2:24.77	2:22.00	488	28/06/24	2024 Scottish National Open Swimming Championships	Edinburgh	SS241309	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	24.45	25.30	560	16/03/24	Cumbernauld Spring Open Meet 2024	Cumbernauld	SCO2174	2
100 Freestyle	54.56	56.10	555	16/03/24	Cumbernauld Spring Open Meet 2024	Cumbernauld	SCO2174	2
200 Freestyle	2:03.23	2:06.00	524	25/11/23	Dumfries ASC Advent Meet 2023	Dumfries	SCO2122	2
50 Breaststroke	34.58	35.50	375	17/12/23	SAST Xmas Sprints 2023	Ayr	SCO2138	2
100 Breaststroke	1:23.23	1:24.70	292	02/10/22	South Ayrshire ST Graded Meet 2022	Prestwick	SCO1922	4
200 Breaststroke	2:37.53	2:40.80	443	24/02/24	North Ayrshire 200 Meet	Irvine	SCO2166	2
50 Butterfly	26.57	27.30	548	17/12/23	SAST Xmas Sprints 2023	Ayr	SCO2138	2
100 Butterfly	58.57	59.80	542	17/03/24	Cumbernauld Spring Open Meet 2024	Cumbernauld	SCO2174	2
200 Butterfly	2:16.06	2:18.40	484	25/02/24	North Ayrshire 200 Meet	Irvine	SCO2166	2
50 Backstroke	27.98	28.70	493	17/12/23	SAST Xmas Sprints 2023	Ayr	SCO2138	2
100 Backstroke	59.98	1:01.30	523	16/03/24	Cumbernauld Spring Open Meet 2024	Cumbernauld	SCO2174	2
200 Backstroke	2:12.60	2:15.10	505	25/11/23	Dumfries ASC Advent Meet 2023	Dumfries	SCO2122	2
200 Individual Medley	2:23.81	2:26.50	443	25/02/23	North Ayrshire 200 Meet	Irvine	SCO1986	2
400 Individual Medley	5:18.55	5:24.00	400	08/10/22	2022 Swim West Lothian Distance Meet	Bathgate	SCO1967	2
100 Individual Medley	1:04.51	1:04.50	445	11/11/23	2023 SS West District SC Champs WE2	Glasgow	SCO2088	2