

Individual Best Times (All Time)

Ben Blowers - (930066) - Loughborough University Swimming

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	23.60	22.70	695	27/07/23	British Summer Championships	Sheffield	BSW025	1
100 Freestyle	51.87	50.20	737	04/08/23	Swim England National Summer Meet 2023	Sheffield	ENG028	1
200 Freestyle	1:54.80	1:51.70	701	06/08/22	Swim England National Summer Meet 2022	Sheffield	ENG024	1
400 Freestyle	4:14.92	4:09.40	643	27/02/22	Norfolk County Championships	UEA Sportspark	ER220116	1
1500 Freestyle	19:00.12	18:41.90	445	30/01/16	Norfolk County Championships 2016	Norwich	ER160404	1
50 Breaststroke	38.57	37.70	304	08/07/17	UEA City of Norwich Midsummer Madness Open Meet	Norwich	ER170311	3
100 Breaststroke	1:22.97	1:21.40	322	04/03/18	UEA Norwich March Long Course Open Meet	Norwich	ER180025	3
200 Breaststroke	3:31.83	3:29.30	207	18/04/14	UEA City of Norwich Easter LC Meet 2014	Norwich	ER4035	1
50 Butterfly	26.50	25.80	593	07/08/21	British Swimming Festival of Swimming East Region	London Aquatic Centr	ER210171	1
100 Butterfly	1:12.12	1:11.10	322	18/02/17	Hamilton Aquatics Dubai Open	Dubai	GBR452	1
50 Backstroke	28.46	27.70	566	01/05/23	East Midlands Regional LC Championships 2023	Derby	EM230742	1
100 Backstroke	1:06.94	1:05.70	458	01/04/18	City of Norwich Easter Long Course Meet	Norwich	ER180144	1
200 Backstroke	2:21.17	2:18.80	498	30/03/18	City of Norwich Easter Long Course Meet	Norwich	ER180144	1
200 Individual Medley	2:16.69	2:13.80	580	07/08/21	British Swimming Festival of Swimming East Region	London Aquatic Centr	ER210171	1
400 Individual Medley	6:50.67	6:46.40	205	02/11/13	UEA City of Norwich Big Bang Open Meet	Norwich	ER3634	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	22.51	23.40	718	14/12/23	Swim England Winter Championships 2023	Sheffield	ENG029	2
100 Freestyle	50.31	51.90	708	15/12/23	Swim England Winter Championships 2023	Sheffield	ENG029	2
200 Freestyle	1:51.32	1:54.40	711	16/12/23	Swim England Winter Championships 2023	Sheffield	ENG029	2
400 Freestyle	4:10.65	4:16.20	607	03/11/18	Swim England East Region Short Course Championship	Luton	ER180889	2
1500 Freestyle	18:48.81	19:06.90	422	30/09/15	UEA City of Norwich Club Championships	Norwich	ER152180	4
50 Breaststroke	32.34	33.30	459	29/05/21	2021 CONSC Level SP NY L4	Norwich	ER210027	4
100 Breaststroke	1:27.01	1:28.40	256	20/02/16	Norfolk County Championships 2016	Thetford	ER160406	2
200 Breaststroke	3:05.64	3:08.50	271	25/09/15	UEA City of Norwich Club Championships 2015	Norwich	ER150798	4
50 Butterfly	25.85	26.60	595	06/11/21	SE East Region Short Course Championships	Luton	ER211117	2
100 Butterfly	1:02.35	1:03.60	450	17/09/21	City of Norwich Club Championships 2021	Norwich	ER210398	4
200 Butterfly	2:43.48	2:45.40	279	21/02/16	Norfolk County Championships 2016	Thetford	ER160406	2
50 Backstroke	27.48	28.20	520	07/11/21	SE East Region Short Course Championships	Luton	ER211117	2
100 Backstroke	1:06.11	1:07.30	390	28/09/17	UEA Co Norwich Club Championships Main Events	Norwich	ER171620	4
200 Backstroke	2:22.36	2:24.70	408	30/09/17	UEA Co Norwich Club Championships Main Events	Norwich	ER171620	4
200 Individual Medley	2:14.78	2:17.70	538	14/12/19	National Arena League East Midlands Regional Final	Corby	EM193331	3
400 Individual Medley	5:19.33	5:24.80	397	20/02/16	Norfolk County Championships 2016	Thetford	ER160406	2
100 Individual Medley	58.84	58.80	587	07/11/21	SE East Region Short Course Championships	Luton	ER211117	2