

Individual Best Times (All Time)

Ben Dickson-Jardine - (930868) - Bridgend County Swim Squad

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	26.09	25.30	514	19/11/17	Swansea Aquatics Long Course Autumn Meet	Swansea	WL171240	1
100 Freestyle	57.39	55.90	544	16/04/17	Swim Wales Long Course Championships	Swansea	WL170073	1
200 Freestyle	2:11.74	2:09.10	464	18/03/17	City of Cardiff Tiger Bay Open Meet 2017	Cardiff	WL170098	3
400 Freestyle	5:09.62	5:05.00	359	06/08/14	Swim Wales Summer Nationals 2014	Swansea	WAL585	1
50 Breaststroke	47.29	46.60	165	12/07/14	Cardiff Bay Sprint Meet 2014	Cardiff	WAL582	1
100 Breaststroke	1:42.75	1:41.50	169	22/02/15	City of Cardiff Closed Invitational Meet	Cardiff	WL150512	3
50 Butterfly	27.96	27.30	505	02/12/17	Swim Wales Long Course Championships	Swansea	WL170076	1
100 Butterfly	1:04.07	1:02.90	459	18/11/17	Swansea Aquatics Long Course Autumn Meet	Swansea	WL171240	1
50 Backstroke	36.15	35.60	276	20/06/15	Torfaen Dolphins Non National Qualifier 2015	Bristol	SW150881	3
100 Backstroke	1:20.10	1:19.10	267	10/01/15	Swim Wales Open New Year Meet	Swansea	WL150505	1
200 Backstroke	2:56.05	2:54.10	256	10/01/14	British Gas Swim Wales New Year Meet	Swansea	WAL540	1
200 Individual Medley	2:44.92	2:42.50	330	10/01/15	Swim Wales Open New Year Meet	Swansea	WL150505	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	25.76	26.60	479	04/02/18	SW South East Regional Championships	Newport	WL180047	2
100 Freestyle	55.45	56.90	528	07/10/18	Bridgend County Swim Squad Club Championships	Aberavon	WL182034	3
200 Freestyle	2:04.71	2:07.50	505	24/09/16	Bridgend County Squad Club Championships	Aberavon	WL162002	3
400 Freestyle	4:34.63	4:39.70	461	24/09/16	Bridgend County Squad Club Championships	Aberavon	WL162002	3
1500 Freestyle	18:30.10	18:48.50	443	06/10/18	Bridgend County Swim Squad Club Championships	Aberavon	WL182034	3
50 Breaststroke	41.01	41.80	225	06/10/18	Bridgend County Swim Squad Club Championships	Aberavon	WL182034	3
100 Breaststroke	1:29.47	1:30.90	235	07/10/18	Bridgend County Swim Squad Club Championships	Aberavon	WL182034	3
200 Breaststroke	3:31.29	3:33.80	183	30/11/13	South East Wales Sub Regional Gala	Newport	WAL534	4
50 Butterfly	27.30	28.00	505	03/02/18	SW South East Regional Championships	Newport	WL180047	2
100 Butterfly	1:02.49	1:03.70	446	05/02/18	SW South East Regional Championships	Newport	WL180048	2
50 Backstroke	30.93	31.60	365	16/09/17	Bridgend County SS Club Championships	Aberavon	WL171758	3
100 Backstroke	1:10.86	1:12.00	317	17/09/17	Bridgend County SS Club Championships	Aberavon	WL171758	3
200 Backstroke	2:48.15	2:50.10	247	01/12/13	South East Wales Sub Regional Gala	Newport	WAL534	4
200 Individual Medley	2:33.22	2:35.80	366	24/09/16	Bridgend County Squad Club Championships	Aberavon	WL162002	3