

Individual Best Times (All Time)

Benjamin Williamson - (933201) - Hatfield SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.86	30.20	311	14/05/16	Team Luton May Long Course Meet	Luton	ER160180	1
100 Freestyle	1:13.88	1:12.70	255	05/04/15	Basildon & Phoenix LC Easter Meet	Basildon	ER150042	1
200 Freestyle	2:23.39	2:20.90	359	14/05/16	Team Luton May Long Course Meet	Luton	ER160180	1
400 Freestyle	4:56.05	4:51.30	410	19/02/17	WDSC Long Course "No Frills" Invitation Meet	Wycombe	SE170569	1
50 Breaststroke	42.24	41.50	231	15/05/16	Team Luton May Long Course Meet	Luton	ER160180	1
200 Breaststroke	3:33.05	3:30.50	204	05/04/15	Basildon & Phoenix LC Easter Meet	Basildon	ER150042	1
50 Butterfly	39.54	39.10	178	05/04/15	Basildon & Phoenix LC Easter Meet	Basildon	ER150042	1
100 Butterfly	1:29.58	1:28.70	168	05/04/15	Basildon & Phoenix LC Easter Meet	Basildon	ER150042	1
200 Butterfly	2:56.38	2:54.60	244	28/05/16	ASA East Region Long Course Championships	Luton	ER160821	1
50 Backstroke	36.62	36.10	265	19/02/17	WDSC Long Course "No Frills" Invitation Meet	Wycombe	SE170569	1
100 Backstroke	1:34.91	1:34.10	160	19/07/14	Basildon & Phoenix End of Season Meet	Basildon	ER4489	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.98	29.70	336	25/06/17	Hatfield Summer Meet 2017	Hatfield	ER171273	2
100 Freestyle	1:02.71	1:04.00	365	22/01/17	Herts County Champs & Age Group Champs	Borehamwood	ER170422	2
200 Freestyle	2:13.77	2:16.30	409	28/01/17	Herts County Champs & Age Group Champs	Borehamwood	ER170423	2
400 Freestyle	4:48.97	4:53.80	396	01/04/17	Hatfield Regional Qual Meet 2017	Hatfield	ER170484	3
1500 Freestyle	19:16.46	19:34.20	392	07/05/17	Hatfield Club Long Distance Time Trials 2017	Hatfield	ER171013	4
50 Breaststroke	39.69	40.50	248	01/04/17	Hatfield Regional Qual Meet 2017	Hatfield	ER170484	3
100 Breaststroke	1:24.55	1:26.00	279	22/01/17	Herts County Champs & Age Group Champs	Borehamwood	ER170422	2
200 Breaststroke	3:00.93	3:03.80	292	25/06/17	Hatfield Summer Meet 2017	Hatfield	ER171273	2
50 Butterfly	31.93	32.50	316	15/07/17	Team Luton Fast & Furious IV Sprint Meet	Luton	ER171251	3
100 Butterfly	1:08.60	1:09.70	337	15/07/17	Team Luton Fast & Furious IV Sprint Meet	Luton	ER171251	3
200 Butterfly	2:35.13	2:37.20	326	24/06/17	Hatfield Summer Meet 2017	Hatfield	ER171273	2
50 Backstroke	35.63	36.20	238	03/12/17	HATFIELD XMAS MEET 2017	HERTFORDSHIRE	ER172328	3
100 Backstroke	1:16.58	1:17.60	251	20/05/17	Cheshunt 50th Anniversary Open Meet	Harlow	ER170914	3
200 Backstroke	2:42.70	2:44.70	273	08/11/16	Hatfield Club Championships	Hatfield	ER162409	4
200 Individual Medley	2:36.50	2:39.00	343	11/12/16	Hertsmere Flyers Last Chance 'No Frills' Gala	Borehamwood	ER161438	3
400 Individual Medley	5:27.40	5:32.70	368	18/11/17	Team Luton November Short Course Meet	Luton	ER172383	3
100 Individual Medley	1:14.34	1:14.30	291	20/05/17	Cheshunt 50th Anniversary Open Meet	Harlow	ER170914	3