

Individual Best Times (All Time)

Benedict Jones - (939730) - Stratford Sharks SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	25.76	24.90	534	02/05/22	West Midlands Region 2022 Regional Championships	Coventry	WM220504	1
100 Freestyle	1:10.74	1:09.50	290	15/03/14	Warwickshire County Championships	Coventry	CC4006	1
200 Freestyle	2:33.98	2:31.70	290	08/03/14	Warwickshire ASA County Championships	Coventry	CC4005	1
400 Freestyle	5:30.21	5:25.90	296	15/03/14	Warwickshire County Championships	Coventry	CC4006	1
50 Breaststroke	46.20	45.50	177	08/03/14	Warwickshire ASA County Championships	Coventry	CC4005	1
200 Breaststroke	4:07.40	4:05.20	130	17/03/12	Warwickshire County Championships	Coventry	CC2007	1
50 Butterfly	50.04	49.70	88	17/03/12	Warwickshire County Championships	Coventry	CC2007	1
200 Butterfly	3:18.65	3:17.00	171	08/03/14	Warwickshire ASA County Championships	Coventry	CC4005	1
50 Backstroke	39.82	39.30	206	14/12/13	West Midlands Arena League Premier Final	Coventry	WM31021	1
100 Backstroke	1:22.53	1:21.50	244	08/03/14	Warwickshire ASA County Championships	Coventry	CC4005	1
200 Backstroke	2:51.51	2:49.60	277	01/03/14	Warwickshire ASA County Championships	Coventry	CC4004	1
200 Individual Medley	2:59.83	2:57.60	254	15/03/14	Warwickshire County Championships	Coventry	CC4006	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	25.13	25.90	516	02/04/22	Co Coventry SC John Hughes Regional Qualifier L3	Coventry	WM220263	3
100 Freestyle	56.65	58.10	495	14/10/19	Redditch Swimming Club Championships	Redditch	WM192257	4
200 Freestyle	2:09.56	2:12.20	451	05/10/18	Redditch Club Championships 2018 (part 2)	Redditch	WM181924	4
400 Freestyle	4:39.55	4:44.50	437	06/10/18	Redditch Club Championships 2018 (part 2)	Redditch	WM181924	4
1500 Freestyle	18:58.68	19:16.70	411	26/10/18	Redditch Club Championships 2018 (part 2)	Redditch	WM181927	4
50 Breaststroke	44.10	44.80	181	26/09/15	Redditch Club Championships 2015	Redditch	WM151804	4
100 Breaststroke	1:38.28	1:39.60	177	11/05/14	Haden Hill Open Meet	Wolverhampton	WM4360	3
200 Breaststroke	3:31.74	3:34.20	182	11/05/14	Haden Hill Open Meet	Wolverhampton	WM4360	3
50 Butterfly	37.50	38.00	195	26/09/15	Redditch Club Championships 2015	Redditch	WM151804	4
100 Butterfly	1:23.21	1:24.10	189	18/11/13	Redditch Club Championships	Redditch	WM3834	4
200 Butterfly	3:47.48	3:48.90	103	09/03/13	Worcester County Championships	Wolverhampton	CC3005	2
50 Backstroke	37.03	37.60	212	26/09/15	Redditch Club Championships 2015	Redditch	WM151804	4
100 Backstroke	1:14.71	1:15.80	270	09/10/16	Redditch Club Championships	Redditch	WM161754	4
200 Backstroke	2:25.82	2:28.10	380	04/10/19	Redditch Swimming Club Championships	Redditch	WM192256	4
200 Individual Medley	2:56.86	2:59.10	238	17/11/13	Redditch Club Championships	Redditch	WM3834	4
400 Individual Medley	5:42.93	5:48.00	321	09/10/16	Redditch Club Championships	Redditch	WM161754	4
100 Individual Medley	1:11.48	1:11.50	327	25/09/17	Redditch Club Championships	Redditch	WM171714	4