

# Individual Best Times (All Time)

Benji Gillingham - (943478) - Alnwick Dolphin SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	24.09	23.20	653	25/01/20	Chester le Street & Derwentside Burns Meet 2020	Sheffield	NE200004	1
100 Freestyle	52.83	51.20	697	26/01/20	Chester le Street & Derwentside Burns Meet 2020	Sheffield	NE200004	1
200 Freestyle	1:59.61	1:56.70	620	25/01/20	Chester le Street & Derwentside Burns Meet 2020	Sheffield	NE200004	1
400 Freestyle	4:22.04	4:16.60	592	24/03/18	City of Sheffield Swim Squad Premier Meet 2018	Sheffield	NE180164	1
1500 Freestyle	18:34.51	18:15.80	477	31/03/17	City of Sunderland National Qualifier 2017	Sunderland	NE170346	1
50 Breaststroke	39.26	38.40	288	22/01/16	East District Age Group Championships	Edinburgh	SCO1071	1
100 Breaststroke	1:24.14	1:22.60	308	04/02/17	Northumberland & Durham SA 2017 Championships	Sunderland	NE170189	1
200 Breaststroke	3:03.67	3:00.80	318	28/02/16	Northumberland & Durham County Champs	Sunderland	NE160072	1
50 Butterfly	26.38	25.70	601	26/01/20	Chester le Street & Derwentside Burns Meet 2020	Sheffield	NE200004	1
100 Butterfly	1:00.00	58.70	559	25/01/20	Chester le Street & Derwentside Burns Meet 2020	Sheffield	NE200004	1
200 Butterfly	2:31.24	2:29.10	388	23/03/19	Millfield Street Super Series (LC)	Millfield	SW190330	1
50 Backstroke	43.33	42.90	160	05/01/13	City of Sunderland New Year Meet	Sunderland	NE3092	3
100 Backstroke	1:16.97	1:15.90	301	24/01/16	East District Age Group Championships	Edinburgh	SCO1071	1
200 Backstroke	2:27.25	2:25.00	439	04/11/17	Welsh Capital Open Meet 2017	Cardiff	WL171071	1
200 Individual Medley	2:36.11	2:33.60	389	13/05/17	City of Sheffield No Frills Meet	Sheffield	NE170249	1
400 Individual Medley	5:28.80	5:23.40	401	05/02/17	Northumberland & Durham SA 2017 Championships	Sunderland	NE170189	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	23.23	24.10	653	05/12/19	Swim England National Winter Championships (25m)	Sheffield	ENG017	2
100 Freestyle	51.90	53.50	644	06/12/19	Swim England National Winter Championships (25m)	Sheffield	ENG017	2
200 Freestyle	1:57.04	2:00.00	612	03/11/18	ASA SWR Winter Championships	Millfield	SW180511	2
400 Freestyle	4:16.23	4:21.60	568	04/11/18	ASA SWR Winter Championships	Millfield	SW180511	2
800 Freestyle	10:15.40	10:24.70	374	10/07/15	Alnwick Dolphins Club Championships	Alnwick	NE151006	4
1500 Freestyle	18:29.73	18:48.20	444	08/07/16	Alnwick Dolphins 2016 Club Championships	Alnwick	NE161592	4
50 Breaststroke	31.37	32.40	503	04/11/20	Alnwick Dolphins ASC	Willowburn, Alnwick	LEX560	0
100 Breaststroke	1:21.39	1:22.90	313	16/10/16	DCASC Medley Challenge	Durham	NE161591	3
200 Breaststroke	2:57.16	3:00.10	312	17/04/16	Tynedale Invitational Gala 2016	Hexham	NE160288	3
50 Butterfly	26.71	27.40	539	12/11/20	Alnwick Dolphins ASC	Willowburn	LEX602	0
100 Butterfly	59.24	1:00.50	524	03/11/19	South West Region Winter SC Championships	Millfield	SW192612	2
200 Butterfly	2:16.31	2:18.60	481	08/12/18	Scottish National Short Course Open Swimming	Edinburgh	SCO1566	2
50 Backstroke	30.09	30.70	396	07/04/19	Tynedale SC Invitational Meet	Hexham	NE191787	3
100 Backstroke	1:03.99	1:05.20	430	07/04/19	Tynedale SC Invitational Meet	Hexham	NE191787	3
200 Backstroke	2:17.71	2:20.10	451	07/04/19	Tynedale SC Invitational Meet	Hexham	NE191787	3
200 Individual Medley	2:22.03	2:24.80	459	14/01/18	Devon County Championships and Age Groups 2018	Plymouth	SW180382	2
400 Individual Medley	5:18.06	5:23.50	402	18/06/17	Middlesbrough 2017 Open Meet Gala	Middlesbrough	NE170017	3
100 Individual Medley	1:03.58	1:03.60	465	02/11/20	Alnwick Dolphins ASC	Willowburn	LEX281	0