

Individual Best Times (All Time)

Benjamin Browning - (966351) - Beacon SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	25.08	24.20	579	04/05/24	SE South East Region LC Championships 2024	High Wycombe	SE240686	1
100 Freestyle	55.54	54.00	600	26/02/22	Sussex County ASA County Championships	Crawley	SE220130	1
50 Breaststroke	31.40	30.40	564	26/02/22	Sussex County ASA County Championships	Crawley	SE220130	1
100 Breaststroke	1:11.85	1:10.10	496	27/02/22	Sussex County ASA County Championships	Crawley	SE220130	1
200 Breaststroke	3:41.82	3:39.40	181	01/03/15	Sussex County Championships	Crawley	CC150378	1
50 Butterfly	27.87	27.20	510	12/02/22	Sussex County ASA County Championships	Crawley	SE220129	1
50 Backstroke	31.74	31.10	408	25/09/21	Crawley SC Lis Hartley L3 Crawley LC Open Meet 21	Crawley	SE210491	3
100 Backstroke	1:29.15	1:28.20	193	04/10/14	Lis Hartley Long Course Opportunity Meet	Crawley	SE4740	3
200 Backstroke	3:27.70	3:26.10	156	06/10/13	Lis Hartley LC Opportunity Meet	Crawley	SE3139	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	24.66	25.50	546	03/04/22	RTW Monson Regional Qualifier 2022	Tunbridge Wells	SE220601	3
100 Freestyle	54.40	55.90	560	03/04/22	RTW Monson Regional Qualifier 2022	Tunbridge Wells	SE220601	3
200 Freestyle	2:16.44	2:19.00	386	26/05/19	The Vanessa Knight Open Meet 2019	Bognor Regis	SE191591	3
400 Freestyle	5:10.28	5:14.80	320	28/06/18	Beacon Club Championships 2018	Crowborough	SE181260	4
1500 Freestyle	20:34.04	20:50.70	323	17/06/19	Beacon Club Championships 2019	Crowborough	SE191897	4
50 Breaststroke	30.65	31.70	539	02/04/22	RTW Monson Regional Qualifier 2022	Tunbridge Wells	SE220601	3
100 Breaststroke	1:09.44	1:11.20	504	02/04/22	RTW Monson Regional Qualifier 2022	Tunbridge Wells	SE220601	3
200 Breaststroke	2:54.31	2:57.30	327	29/06/19	Beacon Club Championships 2019	Crowborough	SE191900	4
50 Butterfly	27.83	28.50	477	03/04/22	RTW Monson Regional Qualifier 2022	Tunbridge Wells	SE220601	3
100 Butterfly	1:07.89	1:09.00	348	09/10/21	National Arena Swimming League South Round One	Tunbridge Wells	SE210738	3
50 Backstroke	29.40	30.10	425	02/01/22	Littlehampton SC Splash Into 2022	Arun	SE220004	3
100 Backstroke	1:09.37	1:10.50	338	22/06/19	English Schools Swimming Association Summer Open	Crawley	SE190451	3
200 Backstroke	2:41.56	2:43.60	279	07/07/18	Beacon Club Championships 2018	Crowborough	SE181263	4
200 Individual Medley	2:27.72	2:30.40	408	09/10/21	National Arena Swimming League South Round One	Tunbridge Wells	SE210738	3
400 Individual Medley	5:55.19	6:00.10	288	02/07/18	Beacon Club Championships 2018	Crowborough	SE181261	4
100 Individual Medley	1:06.89	1:06.90	399	20/10/19	Sussex County ASA Winter Short Course Competition	Crawley	SE192761	2