

Individual Best Times (All Time)

Ben Shelton - (973449) - City of Leeds SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	25.24	24.40	568	31/07/21	NER & Yorkshire Festival of Swimming	Sheffield	NE210264	1
100 Freestyle	54.50	52.90	635	12/02/22	Yorkshire Swimming Association Championships 2022	Leeds	NE220063	1
200 Freestyle	1:58.93	1:56.00	630	06/02/22	Yorkshire Swimming Association Championships 2022	Leeds	NE220062	1
400 Freestyle	4:10.05	4:04.40	681	05/04/22	British Championships 2022	Sheffield	BSW020	1
1500 Freestyle	17:19.67	16:59.70	588	12/04/19	City of Leeds National Qualifier 2019	Leeds	NE190133	1
50 Breaststroke	35.61	34.70	386	30/06/19	City of Leeds Summer Meet 2019	Leeds	NE190131	3
100 Breaststroke	1:20.84	1:19.30	348	02/02/19	Yorkshire County Championships	Leeds	NE190127	1
200 Breaststroke	2:55.10	2:52.10	368	10/02/19	Yorkshire County Championships	Leeds	NE190128	1
50 Butterfly	27.18	26.50	550	17/12/22	City of Leeds SC Xmas Cracker Meet	Leeds	NE220857	3
100 Butterfly	59.46	58.20	575	17/12/22	City of Leeds SC Xmas Cracker Meet	Leeds	NE220857	3
200 Butterfly	2:17.53	2:15.20	516	04/05/19	Swim England North East Region Championships (50)	Sheffield	NE190135	1
50 Backstroke	28.83	28.10	545	17/12/22	City of Leeds SC Xmas Cracker Meet	Leeds	NE220857	3
100 Backstroke	1:03.99	1:02.70	524	09/02/20	Yorkshire County Championships Level of Meet	Leeds	NE200184	1
200 Backstroke	2:21.47	2:19.10	495	31/03/19	City of Sheffield Swim Squad Premier Meet	Sheffield	NE190402	1
200 Individual Medley	2:19.17	2:16.30	549	31/03/19	City of Sheffield Swim Squad Premier Meet	Sheffield	NE190402	1
400 Individual Medley	4:59.54	4:53.60	530	29/06/19	City of Leeds Summer Meet 2019	Leeds	NE190131	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	23.76	24.60	610	29/07/21	City of Leeds	John Charles	LEX3634	0
100 Freestyle	52.39	54.00	626	29/07/21	City of Leeds	John Charles	LEX3634	0
200 Freestyle	1:53.57	1:56.60	669	28/07/21	City of Leeds	John Charles	LEX3607	0
400 Freestyle	4:03.82	4:09.50	659	20/11/21	Stockport Metro November SC Open Meet 2021	Stockport	NW211315	2
1500 Freestyle	17:42.61	18:01.80	506	11/02/18	Yorkshire County Championships	Leeds	NE180136	2
50 Breaststroke	34.44	35.30	380	20/10/18	Yorkshire Winter Competition	Sheffield	NE182206	2
100 Breaststroke	1:19.24	1:20.80	339	06/01/18	City of Leeds New Year Meet 2018	Leeds	NE180081	3
200 Breaststroke	2:50.39	2:53.50	350	06/01/18	City of Leeds New Year Meet 2018	Leeds	NE180081	3
50 Butterfly	25.90	26.60	592	27/07/21	City of Leeds	John Charles	LEX3608	0
100 Butterfly	57.86	59.20	563	04/06/21	City of Leeds	John Charles	LEX1481	0
200 Butterfly	2:09.92	2:12.30	556	26/07/21	City of Leeds	John Charles	LEX3597	0
50 Backstroke	26.94	27.70	552	09/10/22	Yorkshire Swimming Association Winter Competitions	Leeds	NE221235	2
100 Backstroke	1:03.58	1:04.80	439	03/11/18	Swim England North East Region Championships (25)	Sheffield	NE182208	2
200 Backstroke	2:17.08	2:19.50	457	04/11/18	Swim England North East Region Championships (25)	Sheffield	NE182208	2
200 Individual Medley	2:19.03	2:21.80	490	20/10/18	Yorkshire Winter Competition	Sheffield	NE182206	2
400 Individual Medley	4:57.68	5:03.50	490	10/02/18	Yorkshire County Championships	Leeds	NE180136	2
100 Individual Medley	1:40.95	1:41.00	116	16/11/13	City of Leeds Winter STS Meet	Leeds	NE3612	4