

# Individual Best Times (All Time)

Ben Gilchrist - (856706) - Richmond Dales ASC - 100 Breaststroke - Long Course

Performance Graph

Drag to Zoom, right click to reset.

## Swims in Time Order

| Time    | WA Pts | Round | Date     | Meet   | Venue                | Club Swam Under | Level |
|---------|--------|-------|----------|--|----------------------|-----------------|-------|
| 1:11.03 | 513    | H     | 25/03/18 | City of Sunderland National Qualifier              | Sunderland           | Durham City     | 1     |
| 1:11.06 | 512    | H     | 06/04/19 | Derwentio Excel 13th Long Course Open Meet         | Sheffield            | Durham City     | 1     |
| 1:11.47 | 504    | H     | 06/05/18 | North East Region Championships                    | Sheffield            | Durham City     | 1     |
| 1:11.83 | 496    | H     | 25/05/19 | Glasgow International Swim Meet                    | Tollcross            | Durham City     | 1     |
| 1:12.31 | 486    | H     | 01/07/18 | City of Sunderland Summer Splash 2018              | Sunderland           | Durham City     | 3     |
| 1:12.83 | 476    | H     | 15/04/18 | City of Leeds National Qualifier 2018              | Leeds                | Durham City     | 1     |
| 1:13.06 | 471    | H     | 17/02/24 | Northumberland & Durham SA County Championships 24 | Sunderland           | RichmondDale    | 1     |
| 1:13.10 | 471    | H     | 27/01/19 | Chester le Street ASC and Derwentside Burns Meet   | Sheffield            | Durham City     | 1     |
| 1:13.14 | 470    | H     | 26/05/18 | DX 2nd Long Course Open Meet                       | Sheffield            | Durham City     | 1     |
| 1:13.16 | 469    | H     | 26/03/23 | City of Sheffield SS Premier Open Meet 2023        | Sheffield            | RichmondDale    | 1     |
| 1:13.17 | 469    | H     | 24/07/21 | SENE & NDSA Summer Racing Series                   | Sunderland Aquatic C | RichmondDale    | 1     |
| 1:13.28 | 467    | H     | 02/04/22 | City of Sunderland ASC National Qualifier 2022     | Sunderland           | RichmondDale    | 1     |
| 1:13.78 | 458    | F     | 15/04/18 | City of Leeds National Qualifier 2018              | Leeds                | Durham City     | 1     |
| 1:13.85 | 456    | H     | 05/05/19 | Swim England North East Region Championships (50)  | Sheffield            | Durham City     | 1     |
| 1:13.93 | 455    | H     | 11/06/23 | Co Sheffield SS Team Steel Meet 2023               | Sheffield            | RichmondDale    | 1     |
| 1:14.06 | 453    | H     | 07/04/23 | Portsmouth Northsea SC Easter Meet 2023            | Portsmouth           |                 | 1     |
| 1:14.07 | 452    | H     | 19/03/22 | Richmond Dales ASC April Fool Gala                 | Leeds                | RichmondDale    | 3     |
| 1:14.25 | 449    | H     | 02/07/22 | Richmond Dales ASC Summer Madness Gala             | Leeds                | RichmondDale    | 3     |
| 1:14.35 | 447    | H     | 04/02/23 | Northumberland & Durham County Championships 2023  | Sunderland           | RichmondDale    | 1     |
| 1:14.35 | 447    | H     | 04/02/23 | Northumberland & Durham County Championships 2023  | Sunderland           | RichmondDale    | 1     |
| 1:14.36 | 447    | H     | 23/01/22 | City of Sunderland ASC New Year Meet 2022          | Sunderland           | RichmondDale    | 1     |
| 1:14.53 | 444    | H     | 12/02/22 | Northumberland & Durham SA County Championships 22 | Sunderland           | RichmondDale    | 1     |
| 1:14.64 | 442    | H     | 26/06/22 | City of Sheffield Swim Squad Team Steel Meet 2022  | Sheffield            | RichmondDale    | 1     |
| 1:14.71 | 441    | H     | 10/02/18 | N & D 2018 Championships                           | Sunderland           | Durham City     | 1     |
| 1:15.07 | 434    | H     | 21/05/17 | ASA North East Region Championships                | Sunderland           | Wear Valley     | 1     |
| 1:15.43 | 428    | H     | 14/01/18 | City of Sunderland New Year Meet 2018              | Sunderland           | Durham City     | 1     |
| 1:15.77 | 422    | H     | 04/02/17 | Northumberland & Durham SA 2017 Championships      | Sunderland           | Wear Valley     | 1     |

|         |     |   |          |   |            |             |   |
|---------|-----|---|----------|---|------------|-------------|---|
| 1:15.77 | 423 | H | 04/02/17 | Northumberland & Durham SA 2017 Championships | Sunderland | Wear Valley | 1 |
| 1:15.77 | 423 | H | 04/02/17 | Northumberland & Durham SA 2017 Championships | Sunderland | Wear Valley | 1 |
| 1:17.13 | 401 | H | 01/04/17 | City of Sunderland National Qualifier 2017    | Sunderland | Wear Valley | 1 |
| 1:18.53 | 379 | H | 09/07/17 | City of Sunderland Summer Splash 2017         | Sunderland | Wear Valley | 3 |
| 1:20.14 | 357 | F | 06/02/16 | Northumberland & Durham County Champs         | Sunderland | Wear Valley | 1 |
| 1:20.14 | 357 | F | 06/02/16 | Northumberland & Durham County Champs         | Sunderland | Wear Valley | 1 |
| 1:20.48 | 353 | H | 10/07/16 | City of Sunderland Summer Splash 2016         | Sunderland | Wear Valley | 3 |
| 1:21.05 | 345 | H | 06/02/16 | Northumberland & Durham County Champs         | Sunderland | Wear Valley | 1 |
| 1:21.05 | 345 | H | 06/02/16 | Northumberland & Durham County Champs         | Sunderland | Wear Valley | 1 |
| 1:21.06 | 345 | H | 01/05/16 | ASANER Regional Championships 2016            | Sunderland | Wear Valley | 1 |
| 1:23.70 | 313 | H | 17/01/16 | City of Sunderland New Year Meet              | Sunderland | Wear Valley | 1 |
| 1:25.00 | 299 | H | 05/07/15 | City of Sunderland Summer Splash 2015         | Sunderland | Wear Valley | 3 |
| 1:34.22 | 220 | H | 12/07/14 | City of Sunderland ASC Summer Splash 2014     | Sunderland | Wear Valley | 3 |
| 1:36.16 | 206 | H | 22/02/14 | Northumberland & Durham SA County Champs      | Sunderland | Wear Valley | 1 |
| 1:39.47 | 186 | H | 13/10/13 | Northumberland & Durham SA Autumn Meet        | Sunderland | Wear Valley | 3 |
| 1:46.42 | 152 | H | 13/07/13 | City of Sunderland Summer Splash              | Sunderland | Wear Valley | 3 |

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| 1:14.64 | 442    | H     | 26/06/22 | City of Sheffield Swim Squad Team Steel Meet 2022  | Sheffield            | RichmondDale    | 1     |
| 1:13.28 | 467    | H     | 02/04/22 | City of Sunderland ASC National Qualifier 2022     | Sunderland           | RichmondDale    | 1     |
| 1:14.07 | 452    | H     | 19/03/22 | Richmond Dales ASC April Fool Gala                 | Leeds                | RichmondDale    | 3     |
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