

Individual Best Times (All Time)

Ben Gilchrist - (856706) - Richmond Dales ASC - 200 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
2:28.16	607	H	27/05/18	DX 2nd Long Course Open Meet	Sheffield	Durham City	1
2:30.70	577	H	24/03/18	City of Sunderland National Qualifier	Sunderland	Durham City	1
2:30.89	575	H	07/04/19	Derwentio Excel 13th Long Course Open Meet	Sheffield	Durham City	1
2:30.99	573	H	01/08/18	Swim England National Summer Meet	Sheffield	Durham City	1
2:31.14	572	F	05/05/18	North East Region Championships	Sheffield	Durham City	1
2:31.42	569	H	05/05/18	North East Region Championships	Sheffield	Durham City	1
2:31.64	566	F	04/02/18	N & D 2018 Championships	Sunderland	Durham City	1
2:31.64	566	F	04/02/18	N & D 2018 Championships	Sunderland	Durham City	1
2:32.01	562	F	14/04/18	City of Leeds National Qualifier 2018	Leeds	Durham City	1
2:32.21	560	H	23/03/19	City of Sunderland National Qualifier 2019	Sunderland	Durham City	1
2:33.24	549	H	26/05/19	Glasgow International Swim Meet	Tollcross		1
2:33.69	544	H	14/04/18	City of Leeds National Qualifier 2018	Leeds	Durham City	1
2:33.76	543	H	04/02/18	N & D 2018 Championships	Sunderland	Durham City	1
2:33.76	543	H	04/02/18	N & D 2018 Championships	Sunderland	Durham City	1
2:34.15	539	F	08/04/23	Portsmouth Northsea SC Easter Meet 2023	Portsmouth		1
2:34.47	536	H	26/01/19	Chester le Street ASC and Derwentside Burns Meet	Sheffield	Durham City	1
2:35.11	529	H	26/02/23	Northumberland & Durham County Championships 2023	Sunderland	RichmondDale	1
2:35.71	523	F	26/02/23	Northumberland & Durham County Championships 2023	Sunderland	RichmondDale	1
2:35.79	522	H	04/11/17	ASA North East Region Senior Junior Champs	Sheffield	Durham City	1
2:36.06	519	H	16/12/23	Northampton SC Winter Festival 2023	Corby	RichmondDale	1
2:36.32	517	H	13/01/18	City of Sunderland New Year Meet 2018	Sunderland	Durham City	1
2:36.56	514	H	08/04/23	Portsmouth Northsea SC Easter Meet 2023	Portsmouth		1
2:36.73	513	H	05/05/24	SE North East Regional Open/Youth Championships	Sunderland	RichmondDale	1
2:37.40	506	H	15/03/20	Liverpool Spring Open Meet 2020	Liverpool	RichmondDale	1
2:37.41	506	H	04/02/24	Northumberland & Durham SA County Championships 24	Sunderland	RichmondDale	1
2:38.20	499	F	04/02/24	Northumberland & Durham SA County Championships 24	Sunderland	RichmondDale	1
2:38.44	487	H	20/05/22	Cardiff International Open Meet 2022	Cardiff		1

2:38.41	497	H	20/05/23	Cardiff International Open Meet 2023	Cardiff		
2:38.44	496	H	01/05/23	SE NE Region Open/Youth Championships (50m) 2023	Sheffield	RichmondDale	1
2:39.33	488	F	13/04/24	City of Leeds National Qualifier 2024	Leeds	RichmondDale	1
2:40.02	482	H	13/04/24	City of Leeds National Qualifier 2024	Leeds	RichmondDale	1
2:40.36	479	H	22/06/24	City of Sheffield Team Steel Meet 2024	Sheffield	RichmondDale	1
2:41.31	470	F	20/05/23	Cardiff International Open Meet 2023	Cardiff		1
2:41.72	467	F	16/12/23	Northampton SC Winter Festival 2023	Corby	RichmondDale	1
2:42.15	463	H	21/01/17	City of Sunderland SC New Year Meet 2017	Sunderland	Wear Valley	1
2:42.29	462	H	01/04/17	City of Sunderland National Qualifier 2017	Sunderland	Wear Valley	1
2:42.83	457	H	27/05/17	ASA North East Region Championships	Sunderland	Wear Valley	1
2:43.96	448	H	15/02/20	Speedo and BUCS Long Course Swimming Champs 2020	Sheffield		1
2:44.84	441	H	16/01/16	City of Sunderland New Year Meet	Sunderland	Wear Valley	1
2:46.20	430	F	28/02/16	Northumberland & Durham County Champs	Sunderland	Wear Valley	1
2:46.37	429	H	18/12/22	Northampton SC Winter Festival 2022	Corby	RichmondDale	1
2:46.64	426	H	08/07/17	City of Sunderland Summer Splash 2017	Sunderland	Wear Valley	3
2:47.04	423	H	26/02/17	Northumberland & Durham SA 2017 Championships	Sunderland	Wear Valley	1
2:47.22	422	H	09/07/16	City of Sunderland Summer Splash 2016	Sunderland	Wear Valley	3
2:48.38	413	H	28/02/16	Northumberland & Durham County Champs	Sunderland	Wear Valley	1
2:50.49	398	H	30/04/16	ASANER Regional Championships 2016	Sunderland	Wear Valley	1
2:56.12	361	H	04/07/15	City of Sunderland Summer Splash 2015	Sunderland	Wear Valley	3
2:57.47	353	H	14/06/15	ASA North East Regional Age Group Championships	Sheffield	Wear Valley	1
2:57.70	352	H	01/03/15	Northumberland & Durham County Championships	Sunderland	Wear Valley	1
3:11.68	280	H	21/06/14	ASA North East Region Age Group Champs	Sunderland	Wear Valley	1
3:16.06	262	H	13/07/14	City of Sunderland ASC Summer Splash 2014	Sunderland	Wear Valley	3
3:18.36	253	H	09/03/14	Northumberland & Durham SA County Champs	Sunderland	Wear Valley	1
3:21.31	242	F	09/03/14	Northumberland & Durham SA County Champs	Sunderland	Wear Valley	1
3:25.02	229	H	11/01/14	City of Sunderland New Year Meet 2014	Sunderland	Wear Valley	1
3:33.28	203	H	12/10/13	Northumberland & Durham SA Autumn Meet	Sunderland	Wear Valley	3
3:43.82	176	H	14/07/13	City of Sunderland Summer Splash	Sunderland	Wear Valley	3
3:50.43	161	H	06/10/12	Northumberland & Durham Autumn Meet 2012	Sunderland	Wear Valley	3

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