

Individual Best Times (All Time)

James Benson - (453850) - Halesowen SC - 100 Freestyle - Short 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
59.27	433	H	10/03/13	Worcester County Championships	Wolverhampton	Halesowen	2
59.41	429	H	27/10/13	Worcester SC 17th Open Meet	Worcester	Halesowen	3
59.54	427	H	09/03/14	Worcester County Championships	Wolverhampton	Halesowen	2
59.88	419	H	23/06/13	Staffordshire ASA 3 Counties Invitation Gala	Stafford	Halesowen	2
1:00.41	408	H	30/11/13	Halesowen Club Championships	Halesowen	Halesowen	4
1:00.88	399	H	03/02/13	Staffordshire ASA Inter-County Gala	Stoke-on-Trent	Halesowen	2
1:01.05	396		24/06/12	Worcester County ASA 3 Counties Gala	Redditch	Halesowen	3
1:01.11	395	H	11/03/12	Worcester County Championships	Worcester	Halesowen	2
1:01.11	395	F	11/03/12	Worcester County Championships	Worcester	Halesowen	2
1:03.25	356	H	23/11/12	Halesowen Club Championships	Halesowen	Halesowen	4
1:03.26	356	H	26/06/11	Three Counties Invitation Gala	Gloucester	Halesowen	4
1:03.67	349	H	23/10/11	Worcester SC Open Meet	Worcester	Halesowen	3
1:04.93	329	F	27/03/11	Worcestershire County Championships	Wolverhampton	Halesowen	2
1:06.05	312	H	27/03/11	Worcestershire County Championships	Wolverhampton	Halesowen	2
1:06.46	307	H	22/01/11	Brierley Hill Open Meet	Wolverhampton	Halesowen	2
1:07.64	291	H	25/11/11	Halesowen SC Club Championships	Halesowen	Halesowen	4
1:09.68	266	H	19/11/10	Halesowen Club Champs	Halesowen	Halesowen	4
1:10.27	259	F	28/03/10	Worcestershire County Championships	Wolverhampton	Halesowen	2
1:12.60	235	H	28/03/10	Worcestershire County Championships	Wolverhampton	Halesowen	2
1:16.66	200	H	20/11/09	Halesowen Club Champs	Halesowen	Halesowen	4
1:28.90	128	H	26/10/08	Worcester 12th Open Meet	Worcester	Halesowen	3
1:29.88	124	H	14/11/08	Halesowen Club Champs	Halesowen	Halesowen	4

Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
59.54	427	H	09/03/14	Worcester County Championships	Wolverhampton	Halesowen	2

1:00.41	408	H	30/11/13	Halesowen Club Championships	Halesowen	Halesowen	4
59.41	429	H	27/10/13	Worcester SC 17th Open Meet	Worcester	Halesowen	3
59.88	419	H	23/06/13	Staffordshire ASA 3 Counties Invitation Gala	Stafford	Halesowen	2
59.27	433	H	10/03/13	Worcester County Championships	Wolverhampton	Halesowen	2
1:00.88	399	H	03/02/13	Staffordshire ASA Inter-County Gala	Stoke-on-Trent	Halesowen	2
1:03.25	356	H	23/11/12	Halesowen Club Championships	Halesowen	Halesowen	4
1:01.05	396		24/06/12	Worcester County ASA 3 Counties Gala	Redditch	Halesowen	3
1:01.11	395	F	11/03/12	Worcester County Championships	Worcester	Halesowen	2
1:01.11	395	H	11/03/12	Worcester County Championships	Worcester	Halesowen	2
1:07.64	291	H	25/11/11	Halesowen SC Club Championships	Halesowen	Halesowen	4
1:03.67	349	H	23/10/11	Worcester SC Open Meet	Worcester	Halesowen	3
1:03.26	356	H	26/06/11	Three Counties Invitation Gala	Gloucester	Halesowen	4
1:04.93	329	F	27/03/11	Worcestershire County Championships	Wolverhampton	Halesowen	2
1:06.05	312	H	27/03/11	Worcestershire County Championships	Wolverhampton	Halesowen	2
1:06.46	307	H	22/01/11	Brierley Hill Open Meet	Wolverhampton	Halesowen	2
1:09.68	266	H	19/11/10	Halesowen Club Champs	Halesowen	Halesowen	4
1:10.27	259	F	28/03/10	Worcestershire County Championships	Wolverhampton	Halesowen	2
1:12.60	235	H	28/03/10	Worcestershire County Championships	Wolverhampton	Halesowen	2
1:16.66	200	H	20/11/09	Halesowen Club Champs	Halesowen	Halesowen	4
1:29.88	124	H	14/11/08	Halesowen Club Champs	Halesowen	Halesowen	4
1:28.90	128	H	26/10/08	Worcester 12th Open Meet	Worcester	Halesowen	3