

# Individual Best Times (All Time)

Ben Lowndes - (5178) - Guernsey Swimming Club - 200 Individual Medley - 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
2:09.09	612		18/04/03	Reading Open Meet 2003	Reading	Guernsey	2
2:09.40	608	F	14/03/04	Hampshire County Championships	Waterlooville	Guernsey	2
2:10.71	590	F	13/03/05	Hampshire County Champs 2005	Southampton	Guernsey	2
2:10.80	588		16/10/07	Guernsey Club Champs	Guernsey	Guernsey	4
2:10.97	586		25/03/05	Reading Easter Open Meet	Reading	Guernsey	2
2:11.60	578	F	26/11/16	Channel Island Closed Swimming Championships	Les Quennevais	Guernsey	3
2:11.68	577		22/04/05	Guernsey Island Championships	Guernsey	Guernsey	2
2:11.97	573	F	16/03/03	Hampshire County Champs 2003	Various	Guernsey	2
2:12.15	570		28/03/03	Guernsey Island Championships	Guernsey	Guernsey	2
2:12.31	568		26/03/04	Guernsey Island Championships	Guernsey	Guernsey	2
2:12.60	565		13/11/09	Guernsey Club Champs	Guernsey	Guernsey	4
2:12.82	562		31/03/06	Guernsey Island Champs	Guernsey	Guernsey	1
2:13.26	556		25/03/05	Reading Easter Open Meet	Reading	Guernsey	2
2:13.47	554	H	14/03/04	Hampshire County Championships	Waterlooville	Guernsey	2
2:13.74	550		09/04/04	Reading Easter Open Meet	Reading	Guernsey	2
2:14.08	546	F	25/01/14	The Channel Islands Closed Swimming Champ	Les Queinevais	Guernsey	2
2:14.12	546		25/05/07	Beau Sejour Barracudas	Guernsey	Guernsey	1
2:14.35	543	F	20/09/17	Rothschilds 200m Series Freestyle & IM	St Sampson	Guernsey	4
2:14.88	536		18/04/03	Reading Open Meet 2003	Reading	Guernsey	2
2:15.34	531	F	24/11/13	Guernsey Island Championships (Closed)	Guernsey	Guernsey	3
2:15.93	524	H	16/03/03	Hampshire County Champs 2003	Various	Guernsey	2
2:16.02	523		30/06/03	Island Games	Guernsey	Guernsey	2
2:16.91	513		11/11/08	Guernsey Club Champs	Guernsey	Guernsey	4
2:17.31	508	H	13/03/05	Hampshire County Champs 2005	Southampton	Guernsey	2
2:17.46	507		19/04/02	Guernsey Island Championships	Guernsey	Guernsey	2
2:17.83	503	F	26/09/12	Guernsey SC Rothschild Series	Guernsey	Guernsey	4
2:18.11	500	F	08/10/11	Guernsey Club Championships	Guernsey	Guernsey	4

2:18.11	500	F	08/10/14	Guernsey Club Championships	Guernsey	Guernsey	4
2:18.56	495	F	05/10/11	Guernsey Club Championships	Guernsey	Guernsey	4
2:19.19	488		22/10/04	Tigers 23rd Autumn Open Meet	Les Quennevais	Guernsey	2
2:19.48	485	F	03/10/18	Guernsey Swimming Club 200m Free & IM	St Sampsons School	Guernsey	4
2:19.90	481	F	09/02/14	City of Southampton SC Open Meet 2014	Southampton	Guernsey	2
2:19.98	480		24/01/03	Channel Islands (Jersey)	Fort Regent	Guernsey	2
2:21.03	469		25/05/01	Beau Sejour Barracudas Meet	Guernsey Channel Is	Guernsey	2
2:21.63	463	H	18/03/01	Hampshire County Champs 2001	Portsmouth/Watervill	Guernsey	2
2:21.93	460		30/01/04	Guernsey CI Closed Champs	Guernsey	Guernsey	2
2:22.82	452	F	08/10/15	Guernsey Club Championships	Guernsey	Guernsey	4
2:23.04	450		20/01/07	Channel Island Champs	Guernsey	Guernsey	2
2:23.44	446	H	04/02/01	Channel Islands (Jersey)	Fort Regent	Guernsey	2
2:23.77	443	H	23/04/00	Plymouth Easter Open Meet	Plymouth	Guernsey	2
2:24.11	440		06/04/01	Guernsey Island Championships	Guernsey	Guernsey	2
2:24.78	434	F	27/04/16	Guernsey Rothschild 200m Sprint Gala	Guernsey	Guernsey	4
2:24.99	432	H	18/03/00	Hampshire County Champs 1-10	Various	Guernsey	2
2:28.25	404	H	13/02/00	Channel Island Champs, Jersey	Fort Regent, Jersey	Guernsey	2
2:28.47	402	H	12/03/00	Hampshire County Champs 1-10	Various	Guernsey	2
2:31.14	381		09/04/04	Reading Easter Open Meet	Reading	Guernsey	2
2:35.55	350		28/05/99	Beau Sejour Barracudas Open	Guernsey	Guernsey	2
2:38.28	332		23/04/99	Island Championships	Guernsey	Guernsey	2
2:39.45	325	H	07/03/99	Hampshire Championships	Portsm'th/W'looville	Guernsey	2
2:41.23	314		29/01/99	C.I. Closed Champs (Guernsey)	Guernsey	Guernsey	2
2:47.48	280	F	17/05/19	Guernsey Swimming Club 200m Butterfly	Guernsey	Guernsey	4
2:48.75	274		01/03/98	Hampshire Championships	Portsm'th/W'looville	Guernsey	2
2:49.56	270		01/03/98	Hampshire Championships	Portsm'th/W'looville	Guernsey	2
2:49.56	270		22/05/98	Beau Sejour Barracudas Open	Guernsey	Guernsey	2
2:51.78	259	H	25/01/98	C.I. Closed Champs (Jersey)	Les Quennevais	Guernsey	2
2:52.00	258		24/04/98	Island Championships	Guernsey	Guernsey	2
2:55.77	242		23/05/97	Killerwhales May Desig. Meet	Fullwell Cross	Guernsey	2

## Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
2:47.48	280	F	17/05/19	Guernsey Swimming Club 200m Butterfly	Guernsey	Guernsey	4
2:19.48	485	F	03/10/18	Guernsey Swimming Club 200m Free & IM	St Sampsons School	Guernsey	4
2:14.35	543	F	20/09/17	Rothschilds 200m Series Freestyle & IM	St Sampson	Guernsey	4
2:11.60	578	F	26/11/16	Channel Island Closed Swimming Championships	Les Quennevais	Guernsey	3
2:24.78	434	F	27/04/16	Guernsey Rothschild 200m Sprint Gala	Guernsey	Guernsey	4
2:22.82	452	F	08/10/15	Guernsey Club Championships	Guernsey	Guernsey	4
2:18.11	500	F	08/10/14	Guernsey Club Championships	Guernsey	Guernsey	4
2:19.90	481	F	09/02/14	City of Southampton SC Open Meet 2014	Southampton	Guernsey	2
2:14.08	546	F	25/01/14	The Channel Islands Closed Swimming Champ	Les Queinevais	Guernsey	2
2:15.34	531	F	24/11/13	Guernsey Island Championships (Closed)	Guernsey	Guernsey	3
2:17.83	503	F	26/09/12	Guernsey SC Rothschild Series	Guernsey	Guernsey	4
2:18.56	495	F	05/10/11	Guernsey Club Championships	Guernsey	Guernsey	4
2:12.60	565		13/11/09	Guernsey Club Champs	Guernsey	Guernsey	4
2:16.91	513		11/11/08	Guernsey Club Champs	Guernsey	Guernsey	4
2:10.80	588		16/10/07	Guernsey Club Champs	Guernsey	Guernsey	4
2:14.12	546		25/05/07	Beau Sejour Barracudas	Guernsey	Guernsey	1
2:23.04	450		20/01/07	Channel Island Champs	Guernsey	Guernsey	2
2:12.82	562		31/03/06	Guernsey Island Champs	Guernsey	Guernsey	1
2:11.68	577		22/04/05	Guernsey Island Championships	Guernsey	Guernsey	2
2:13.26	556		25/03/05	Reading Easter Open Meet	Reading	Guernsey	2

2:10.97	586		25/03/05	Reading Easter Open Meet	Reading	Guernsey	2
2:10.71	590	F	13/03/05	Hampshire County Champs 2005	Southampton	Guernsey	2
2:17.31	508	H	13/03/05	Hampshire County Champs 2005	Southampton	Guernsey	2
2:19.19	488		22/10/04	Tigers 23rd Autumn Open Meet	Les Quennevais	Guernsey	2
2:31.14	381		09/04/04	Reading Easter Open Meet	Reading	Guernsey	2
2:13.74	550		09/04/04	Reading Easter Open Meet	Reading	Guernsey	2
2:12.31	568		26/03/04	Guernsey Island Championships	Guernsey	Guernsey	2
2:09.40	608	F	14/03/04	Hampshire County Championships	Waterlooville	Guernsey	2
2:13.47	554	H	14/03/04	Hampshire County Championships	Waterlooville	Guernsey	2
2:21.93	460		30/01/04	Guernsey CI Closed Champs	Guernsey	Guernsey	2
2:16.02	523		30/06/03	Island Games	Guernsey	Guernsey	2
2:14.88	536		18/04/03	Reading Open Meet 2003	Reading	Guernsey	2
2:09.09	612		18/04/03	Reading Open Meet 2003	Reading	Guernsey	2
2:12.15	570		28/03/03	Guernsey Island Championships	Guernsey	Guernsey	2
2:11.97	573	F	16/03/03	Hampshire County Champs 2003	Various	Guernsey	2
2:15.93	524	H	16/03/03	Hampshire County Champs 2003	Various	Guernsey	2
2:19.98	480		24/01/03	Channel Islands (Jersey)	Fort Regent	Guernsey	2
2:17.46	507		19/04/02	Guernsey Island Championships	Guernsey	Guernsey	2
2:21.03	469		25/05/01	Beau Sejour Barracudas Meet	Guernsey Channel Is	Guernsey	2
2:24.11	440		06/04/01	Guernsey Island Championships	Guernsey	Guernsey	2
2:21.63	463	H	18/03/01	Hampshire County Champs 2001	Portsmouth/Watervill	Guernsey	2
2:23.44	446	H	04/02/01	Channel Islands (Jersey)	Fort Regent	Guernsey	2
2:23.77	443	H	23/04/00	Plymouth Easter Open Meet	Plymouth	Guernsey	2
2:24.99	432	H	18/03/00	Hampshire County Champs 1-10	Various	Guernsey	2
2:28.47	402	H	12/03/00	Hampshire County Champs 1-10	Various	Guernsey	2
2:28.25	404	H	13/02/00	Channel Island Champs, Jersey	Fort Regent, Jersey	Guernsey	2
2:35.55	350		28/05/99	Beau Sejour Barracudas Open	Guernsey	Guernsey	2
2:38.28	332		23/04/99	Island Championships	Guernsey	Guernsey	2
2:39.45	325	H	07/03/99	Hampshire Championships	Portsm'th/W'looville	Guernsey	2
2:41.23	314		29/01/99	C.I. Closed Champs (Guernsey)	Guernsey	Guernsey	2
2:49.56	270		22/05/98	Beau Sejour Barracudas Open	Guernsey	Guernsey	2
2:52.00	258		24/04/98	Island Championships	Guernsey	Guernsey	2
2:49.56	270		01/03/98	Hampshire Championships	Portsm'th/W'looville	Guernsey	2
2:48.75	274		01/03/98	Hampshire Championships	Portsm'th/W'looville	Guernsey	2
2:51.78	259	H	25/01/98	C.I. Closed Champs (Jersey)	Les Quennevais	Guernsey	2
2:55.77	242		23/05/97	Killerwhales May Desig. Meet	Fullwell Cross	Guernsey	2