

Individual Best Times (All Time)

Ben Lowndes - (5178) - Guernsey Swimming Club - 100 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
57.54	628		29/06/09	Nat West Island Games 2009	Aland	Guernsey	2
58.34	602	F	17/07/13	Natwest Island Games XV	Bermuda	Guernsey	2
58.78	589	F	28/06/17	XVII Natwest Island Games	Gotland, Sweden	Guernsey	2
58.79	588		20/11/09	Guernsey Island Champs	Guernsey	Guernsey	3
58.87	586	F	29/06/11	Nat West Island Games 2011	Isle of Wight	Guernsey	3
59.05	581	H	01/07/15	NatWest Island Games 2015	Jersey		2
59.06	580	F	01/07/15	NatWest Island Games 2015	Jersey		2
59.36	572		06/07/19	Natwest International Island Games XVIII	Gibraltar		2
59.36	572	F	06/07/19	Natwest International Island Games XVIII	Gibraltar		2
59.36	572	F	10/07/19	Natwest International Island Games XVIII	Gibraltar		2
59.47	569	F	01/10/17	JASA Inter Insular 2017	St Helier		4
59.48	568	H	02/04/11	Jersey 39th Island Championships	LEs Quennevais	Guernsey	2
59.51	567	H	28/06/17	XVII Natwest Island Games	Gotland, Sweden	Guernsey	2
59.55	566	F	01/03/17	Rothschild's 100m Gala Breaststroke & IM	St Sampson	Guernsey	4
59.57	566	F	23/01/15	Channel Island Closed Swimming Champs	Guernsey	Guernsey	2
59.58	565	F	19/11/10	Guernsey Island Champs	Guernsey	Guernsey	3
59.69	562		25/04/09	Jersey 37th Island Champs	Jersey	Guernsey	2
59.69	562	H	06/07/19	Natwest International Island Games XVIII	Gibraltar		2
59.69	562	H	10/07/19	Natwest International Island Games XVIII	Gibraltar		2
59.71	562		24/01/09	Channel Islands Champs	Guernsey	Guernsey	2
59.76	560		21/11/08	Guernsey Island Champs	Guernsey	Guernsey	4
59.83	558	F	24/03/17	Rothschild's Island Championships (Closed)	St Sampsons	Guernsey	3
59.90	556	F	23/11/18	CHANNEL ISLAND CLOSED SWIMMING CHAMPS	LES QUENNEVAIS	Guernsey	2
59.96	555	F	10/10/15	Jersey ASA Inter Insular 2015	Jersey		4
59.97	554	F	22/05/15	The Specsavers Open Meet	Guernsey	Guernsey	2
1:00.00	554	F	17/06/16	The Specsavers Open Meet 2016	Guernsey	Guernsey	2
1:00.00	552	F	12/07/05	Natwest Island Games	Shetland	Guernsey	2

1:00.02	553	F	13/07/03	Natwest Island Games	Shetland	Guernsey	
1:00.04	552		22/04/05	Guernsey Island Championships	Guernsey	Guernsey	2
1:00.11	551		19/01/08	Channel Island Champs	Jersey & Guernsey	Guernsey	2
1:00.13	550	F	18/01/13	Channel Island Championships	Guernsey	Guernsey	2
1:00.13	550	F	04/12/13	Guernsey Club Championships	Guernsey	Guernsey	4
1:00.15	549		20/01/07	Channel Island Champs	Guernsey	Guernsey	2
1:00.15	549	F	27/06/14	Beau Sejour Barracudas Specsavers Open Meet	Guernsey	Guernsey	2
1:00.28	546	F	26/01/14	The Channel Islands Closed Swimming Champ	Les Queinevais	Guernsey	2
1:00.34	544	F	27/05/11	Beau Sejour Barracudas Open Meet 2011	Guernsey	Guernsey	2
1:00.34	544	F	22/11/13	Guernsey Island Championships (Closed)	Guernsey	Guernsey	3
1:00.36	544	F	24/03/19	Rothschild Island Championships	St Sampsons School	Guernsey	3
1:00.53	539	F	21/01/11	Channel Island Closed Swimming Champs	Guernsey	Guernsey	2
1:00.57	538		31/03/06	Guernsey Island Champs	Guernsey	Guernsey	1
1:00.57	538	H	29/06/11	Nat West Island Games 2011	Isle of Wight	Guernsey	3
1:00.64	536		17/03/07	Hampshire County Champs	Southampton	Guernsey	2
1:00.67	535	F	28/06/13	The Specsavers Open Meet 2013	Guernsey	Guernsey	2
1:00.69	535	F	15/03/03	Hampshire County Champs 2003	Various	Guernsey	2
1:00.73	534	F	12/03/05	Hampshire County Champs 2005	Southampton	Guernsey	2
1:00.78	533	F	02/03/16	Guernsey SC Rothschild 100m Sprint Gala	Guernsey	Guernsey	4
1:00.86	530	H	17/07/13	Natwest Island Games XV	Bermuda	Guernsey	2
1:00.86	530	F	25/03/18	Rothschild Island Championships	St Sampsons School	Guernsey	3
1:00.92	529	H	15/03/03	Hampshire County Champs 2003	Various	Guernsey	2
1:00.96	528	F	25/11/16	Channel Island Closed Swimming Championships	Les Quennevais	Guernsey	3
1:00.97	528	F	11/10/14	Guernsey Interinsular Meet	Guernsey		4
1:00.98	527	F	24/11/17	Channel Island Closed Swimming Championships 2017	Guernsey	Guernsey	2
1:01.02	526		30/01/04	Guernsey CI Closed Champs	Guernsey	Guernsey	2
1:01.08	525	F	15/04/15	Guernsey SC Club Championships	Guernsey	Guernsey	4
1:01.18	522		13/03/10	Hampshire County Champs	Southampton	Guernsey	2
1:01.31	519	F	29/09/18	Guernsey Inter-Insular 2018	Guernsey		4
1:01.34	518		24/01/03	Channel Islands (Jersey)	Fort Regent	Guernsey	2
1:01.39	517	F	26/06/19	Rothschild 100m Series Fly, IM & Freestyle Champs	St Sampsons	Guernsey	4
1:01.42	516		29/06/09	Nat West Island Games 2009	Aland	Guernsey	2
1:01.44	516	H	12/03/05	Hampshire County Champs 2005	Southampton	Guernsey	2
1:01.59	512		23/11/07	Guernsey Island Champs	Guernsey	Guernsey	3
1:01.67	510	H	13/07/05	Natwest Island Games	Shetland	Guernsey	2
1:01.78	507	F	23/11/12	Guernsey Channel Island Championships	Guernsey	Guernsey	3
1:01.79	507		13/03/10	Hampshire County Champs	Southampton	Guernsey	2
1:01.83	506	F	25/11/11	Guernsey Island Championships (Closed)	Guernsey	Guernsey	3
1:01.89	504	F	14/02/18	Rothschilds 100m Gala Breaststroke & IM	St Sampsons School	Guernsey	4
1:01.93	503		17/03/07	Hampshire County Champs	Southampton	Guernsey	2
1:01.95	503	F	02/02/11	Guernsey Club Championships	Guernsey	Guernsey	4
1:02.19	497	F	13/03/04	Hampshire County Championships	Waterlooville	Guernsey	2
1:02.20	497	F	18/03/16	Guernsey Island Championships (Closed)	Guernsey	Guernsey	3
1:02.36	493	F	22/09/12	Guernsey SC Rothschild Series	Guernsey	Guernsey	4
1:02.49	490	F	01/02/12	Guernsey SC Rothschild Series	Guernsey	Guernsey	4
1:02.55	489	F	20/11/15	Rothschilds Island Championship	Guernsey	Guernsey	3
1:02.66	486		03/02/10	Guernsey Club Champs	Guernsey	Guernsey	4
1:02.72	485	F	29/06/12	Beau Sejour Barracudas Specsavers Meet	Guernsey	Guernsey	2
1:02.80	483	F	01/10/16	Guernsey 100m Sprint Gala	Guernsey	Guernsey	4
1:02.81	482	F	20/01/12	Channel Island Closed Championships	Les Quennevais	Guernsey	2
1:02.82	482	H	13/03/04	Hampshire County Championships	Waterlooville	Guernsey	2
1:03.42	469	F	02/02/14	Guernsey Club Championships	Guernsey	Guernsey	4
1:03.53	466	F	21/09/13	Guernsey ASA Specsavers 100m Champs	Guernsey	Guernsey	3
1:03.64	464	F	05/10/19	Jersey & Guernsey Inter Insular 2019	Haute Vallee		4

1:04.02	456		29/01/08	Guernsey Club Champs	Guernsey	Guernsey	4
1:04.43	447	F	20/09/14	Specsavers GASA 100m	Guernsey	Guernsey	4
1:04.93	437		25/04/09	Jersey 37th Island Champs	Jersey	Guernsey	2
1:05.52	425	F	17/09/11	Guernsey ASA 100m Sprints	Guernsey	Guernsey	4
1:06.32	410	H	04/02/01	Channel Islands (Jersey)	Fort Regent	Guernsey	2
1:07.33	392	H	17/03/01	Hampshire County Champs 2001	Portsmouth/Watervill	Guernsey	2
1:08.58	371	H	19/03/00	Hampshire County Champs 1-10	Various	Guernsey	2
1:09.81	351	H	12/02/00	Channel Island Champs, Jersey	Fort Regent, Jersey	Guernsey	2

Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
1:03.64	464	F	05/10/19	Jersey & Guernsey Inter Insular 2019	Haute Vallee		4
59.36	572	F	10/07/19	Natwest International Island Games XVIII	Gibraltar		2
59.69	562	H	10/07/19	Natwest International Island Games XVIII	Gibraltar		2
59.36	572	F	06/07/19	Natwest International Island Games XVIII	Gibraltar		2
59.69	562	H	06/07/19	Natwest International Island Games XVIII	Gibraltar		2
59.36	572		06/07/19	Natwest International Island Games XVIII	Gibraltar		2
1:01.39	517	F	26/06/19	Rothschild 100m Series Fly, IM & Freestyle Champs	St Sampsons	Guernsey	4
1:00.36	544	F	24/03/19	Rothschild Island Championships	St Sampsons School	Guernsey	3
59.90	556	F	23/11/18	CHANNEL ISLAND CLOSED SWIMMING CHAMPS	LES QUENNEVAIS	Guernsey	2
1:01.31	519	F	29/09/18	Guernsey Inter-Insular 2018	Guernsey		4
1:00.86	530	F	25/03/18	Rothschild Island Championships	St Sampsons School	Guernsey	3
1:01.89	504	F	14/02/18	Rothschilds 100m Gala Breaststroke & IM	St Sampsons School	Guernsey	4
1:00.98	527	F	24/11/17	Channel Island Closed Swimming Championships 2017	Guernsey	Guernsey	2
59.47	569	F	01/10/17	JASA Inter Insular 2017	St Helier		4
58.78	589	F	28/06/17	XVII Natwest Island Games	Gotland, Sweden	Guernsey	2
59.51	567	H	28/06/17	XVII Natwest Island Games	Gotland, Sweden	Guernsey	2
59.83	558	F	24/03/17	Rothschilds Island Championships (Closed)	St Sampsons	Guernsey	3
59.55	566	F	01/03/17	Rothschilds 100m Gala Breaststroke & IM	St Sampson	Guernsey	4
1:00.96	528	F	25/11/16	Channel Island Closed Swimming Championships	Les Quennevais	Guernsey	3
1:02.80	483	F	01/10/16	Guernsey 100m Sprint Gala	Guernsey	Guernsey	4
1:00.00	554	F	17/06/16	The Specsavers Open Meet 2016	Guernsey	Guernsey	2
1:02.20	497	F	18/03/16	Guernsey Island Championships (Closed)	Guernsey	Guernsey	3
1:00.78	533	F	02/03/16	Guernsey SC Rothschild 100m Sprint Gala	Guernsey	Guernsey	4
1:02.55	489	F	20/11/15	Rothschilds Island Championship	Guernsey	Guernsey	3
59.96	555	F	10/10/15	Jersey ASA Inter Insular 2015	Jersey		4
59.06	580	F	01/07/15	NatWest Island Games 2015	Jersey		2
59.05	581	H	01/07/15	NatWest Island Games 2015	Jersey		2
59.97	554	F	22/05/15	The Specsavers Open Meet	Guernsey	Guernsey	2
1:01.08	525	F	15/04/15	Guernsey SC Club Championships	Guernsey	Guernsey	4
59.57	566	F	23/01/15	Channel Island Closed Swimming Champs	Guernsey	Guernsey	2
1:00.97	528	F	11/10/14	Guernsey Interinsular Meet	Guernsey		4
1:04.43	447	F	20/09/14	Specsavers GASA 100m	Guernsey	Guernsey	4
1:00.15	549	F	27/06/14	Beau Sejour Barracudas Specsavers Open Meet	Guernsey	Guernsey	2
1:03.42	469	F	02/02/14	Guernsey Club Championships	Guernsey	Guernsey	4
1:00.28	546	F	26/01/14	The Channel Islands Closed Swimming Champ	Les Queinevais	Guernsey	2
1:00.13	550	F	04/12/13	Guernsey Club Championships	Guernsey	Guernsey	4
1:00.34	544	F	22/11/13	Guernsey Island Championships (Closed)	Guernsey	Guernsey	3
1:03.53	466	F	21/09/13	Guernsey ASA Specsavers 100m Champs	Guernsey	Guernsey	3
58.34	602	F	17/07/13	Natwest Island Games XV	Bermuda	Guernsey	2
1:00.86	530	H	17/07/13	Natwest Island Games XV	Bermuda	Guernsey	2
1:00.67	535	F	28/06/13	The Specsavers Open Meet 2013	Guernsey	Guernsey	2
1:00.13	550	F	18/01/13	Channel Island Championships	Guernsey	Guernsey	2

1:01.78	507	F	23/11/12	Guernsey Channel Island Championships	Guernsey	Guernsey	3
1:02.36	493	F	22/09/12	Guernsey SC Rothschild Series	Guernsey	Guernsey	4
1:02.72	485	F	29/06/12	Beau Sejour Barracudas Specsavers Meet	Guernsey	Guernsey	2
1:02.49	490	F	01/02/12	Guernsey SC Rothschild Series	Guernsey	Guernsey	4
1:02.81	482	F	20/01/12	Channel Island Closed Championships	Les Quennevais	Guernsey	2
1:01.83	506	F	25/11/11	Guernsey Island Championships (Closed)	Guernsey	Guernsey	3
1:05.52	425	F	17/09/11	Guernsey ASA 100m Sprints	Guernsey	Guernsey	4
58.87	586	F	29/06/11	Nat West Island Games 2011	Isle of Wight	Guernsey	3
1:00.57	538	H	29/06/11	Nat West Island Games 2011	Isle of Wight	Guernsey	3
1:00.34	544	F	27/05/11	Beau Sejour Barracudas Open Meet 2011	Guernsey	Guernsey	2
59.48	568	H	02/04/11	Jersey 39th Island Championships	LEs Quennevais	Guernsey	2
1:01.95	503	F	02/02/11	Guernsey Club Championsips	Guernsey	Guernsey	4
1:00.53	539	F	21/01/11	Channel Island Closed Swimming Champs	Guernsey	Guernsey	2
59.58	565	F	19/11/10	Guernsey Island Champs	Guernsey	Guernsey	3
1:01.79	507		13/03/10	Hampshire County Champs	Southampton	Guernsey	2
1:01.18	522		13/03/10	Hampshire County Champs	Southampton	Guernsey	2
1:02.66	486		03/02/10	Guernsey Club Champs	Guernsey	Guernsey	4
58.79	588		20/11/09	Guernsey Island Champs	Guernsey	Guernsey	3
1:01.42	516		29/06/09	Nat West Island Games 2009	Aland	Guernsey	2
57.54	628		29/06/09	Nat West Island Games 2009	Aland	Guernsey	2
1:04.93	437		25/04/09	Jersey 37th Island Champs	Jersey	Guernsey	2
59.69	562		25/04/09	Jersey 37th Island Champs	Jersey	Guernsey	2
59.71	562		24/01/09	Channel Islands Champs	Guernsey	Guernsey	2
59.76	560		21/11/08	Guernsey Island Champs	Guernsey	Guernsey	4
1:04.02	456		29/01/08	Guernsey Club Champs	Guernsey	Guernsey	4
1:00.11	551		19/01/08	Channel Island Champs	Jersey & Guernsey	Guernsey	2
1:01.59	512		23/11/07	Guernsey Island Champs	Guernsey	Guernsey	3
1:01.93	503		17/03/07	Hampshire County Champs	Southampton	Guernsey	2
1:00.64	536		17/03/07	Hampshire County Champs	Southampton	Guernsey	2
1:00.15	549		20/01/07	Channel Island Champs	Guernsey	Guernsey	2
1:00.57	538		31/03/06	Guernsey Island Champs	Guernsey	Guernsey	1
1:00.02	553	F	13/07/05	Natwest Island Games	Shetland	Guernsey	2
1:01.67	510	H	13/07/05	Natwest Island Games	Shetland	Guernsey	2
1:00.04	552		22/04/05	Guernsey Island Championships	Guernsey	Guernsey	2
1:00.73	534	F	12/03/05	Hampshire County Champs 2005	Southampton	Guernsey	2
1:01.44	516	H	12/03/05	Hampshire County Champs 2005	Southampton	Guernsey	2
1:02.19	497	F	13/03/04	Hampshire County Championships	Waterlooville	Guernsey	2
1:02.82	482	H	13/03/04	Hampshire County Championships	Waterlooville	Guernsey	2
1:01.02	526		30/01/04	Guernsey CI Closed Champs	Guernsey	Guernsey	2
1:00.69	535	F	15/03/03	Hampshire County Champs 2003	Various	Guernsey	2
1:00.92	529	H	15/03/03	Hampshire County Champs 2003	Various	Guernsey	2
1:01.34	518		24/01/03	Channel Islands (Jersey)	Fort Regent	Guernsey	2
1:07.33	392	H	17/03/01	Hampshire County Champs 2001	Portsmouth/Watervill	Guernsey	2
1:06.32	410	H	04/02/01	Channel Islands (Jersey)	Fort Regent	Guernsey	2
1:08.58	371	H	19/03/00	Hampshire County Champs 1-10	Various	Guernsey	2
1:09.81	351	H	12/02/00	Channel Island Champs, Jersey	Fort Regent, Jersey	Guernsey	2