

Individual Best Times (All Time)

Ben Lowndes - (5178) - Guernsey Swimming Club - 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
52.30	630		24/01/03	Channel Islands (Jersey)	Fort Regent	Guernsey	2
52.72	615		18/04/03	Reading Open Meet 2003	Reading	Guernsey	2
52.79	612		09/04/04	Reading Easter Open Meet	Reading	Guernsey	2
52.80	612		27/10/06	Tigers AIB 25th Autumn	Jersey	Guernsey	2
52.85	610		31/03/06	Guernsey Island Champs	Guernsey	Guernsey	1
52.88	609		22/04/05	Guernsey Island Championships	Guernsey	Guernsey	2
52.88	609		20/01/07	Channel Island Champs	Guernsey	Guernsey	2
52.93	607	H	01/07/15	NatWest Island Games 2015	Jersey		2
53.00	605		25/05/07	Beau Sejour Barracudas	Guernsey	Guernsey	1
53.08	602	F	25/10/15	Walkers Tigers 34th Autumn Open Meet 2015	Jersey	Guernsey	2
53.10	602	F	23/05/15	The Specsavers Open Meet	Guernsey	Guernsey	2
53.12	601		05/02/08	Guernsey Club Champs	Guernsey	Guernsey	4
53.12	601	F	26/01/14	The Channel Islands Closed Swimming Champ	Les Queinevais	Guernsey	2
53.15	600		28/03/03	Guernsey Island Championships	Guernsey	Guernsey	2
53.19	599		26/03/04	Guernsey Island Championships	Guernsey	Guernsey	2
53.26	596		26/05/06	Beau Sejour Barracuda	Guernsey	Guernsey	1
53.26	596		26/10/07	AIB Jersey Tigers Open	St Brelade	Guernsey	2
53.32	594		25/03/05	Reading Easter Open Meet	Reading	Guernsey	2
53.34	594	F	13/07/05	Natwest Island Games	Shetland	Guernsey	2
53.37	593		17/03/07	Hampshire County Champs	Southampton	Guernsey	2
53.40	592	H	02/04/11	Jersey 39th Island Championships	LEs Quennevais	Guernsey	2
53.41	591		27/05/05	Beau Sejour Barracudas Meet	Guernsey	Guernsey	2
53.41	591	F	25/01/15	Channel Island Closed Swimming Champs	Guernsey	Guernsey	2
53.53	587	H	13/07/05	Natwest Island Games	Shetland	Guernsey	2
53.53	587	F	23/01/11	Channel Island Closed Swimming Champs	Guernsey	Guernsey	2
53.59	585	F	12/03/05	Hampshire County Champs 2005	Southampton	Guernsey	2
53.59	585	F	20/11/10	Guernsey Island Champs	Guernsey	Guernsey	2

53.59	563	F	20/11/10	Guernsey Island Champs	Guernsey	Guernsey	3
53.60	585		25/03/05	Reading Easter Open Meet	Reading	Guernsey	2
53.61	585		22/10/04	Tigers 23rd Autumn Open Meet	Les Quennevais	Guernsey	2
53.64	584	H	20/10/02	ASA Inter-Counties Gala	Sheffield	Guernsey	2
53.65	583		22/11/08	Guernsey Island Champs	Guernsey	Guernsey	4
53.68	582		23/05/03	Beau Sejour Barracudas Meet	Guernsey	Guernsey	2
53.72	581	F	28/06/14	Beau Sejour Barracudas Specsavers Open Meet	Guernsey	Guernsey	2
53.76	580		30/01/04	Guernsey CI Closed Champs	Guernsey	Guernsey	2
53.76	580		24/01/09	Channel Islands Champs	Guernsey	Guernsey	2
53.80	578		19/04/02	Guernsey Island Championships	Guernsey	Guernsey	2
53.81	578	F	28/05/11	Beau Sejour Barracudas Open Meet 2011	Guernsey	Guernsey	2
53.86	577		18/04/03	Reading Open Meet 2003	Reading	Guernsey	2
53.86	577		28/10/05	Tigers 24th Autumn Open Mt	St Brelade	Guernsey	2
53.88	576	H	31/03/02	AIB Tigers Easter Meet	Fort Regent, Jersey	Guernsey	2
53.88	576	F	20/01/13	Channel Island Championships	Guernsey	Guernsey	2
53.88	576	F	03/03/17	Rothschilds 100m Gala Freestyle	Guernsey	Guernsey	4
53.89	576		19/01/08	Channel Island Champs	Jersey & Guernsey	Guernsey	2
53.91	575	F	26/10/14	Walkers Tigers 33rd Open Meet	Jersey	Guernsey	2
53.92	575		23/11/07	Guernsey Island Champs	Guernsey	Guernsey	3
53.93	574		09/04/04	Reading Easter Open Meet	Reading	Guernsey	2
53.97	573	F	15/03/03	Hampshire County Champs 2003	Various	Guernsey	2
54.01	572		30/06/03	Island Games	Guernsey	Guernsey	2
54.06	570		23/05/09	Beau Sejour Barracudas NRG	Guernsey	Guernsey	2
54.15	567	F	18/06/16	The Specsavers Open Meet 2016	Guernsey	Guernsey	2
54.19	566	F	16/02/18	Rothschilds 100m Gala Freestyle	Guernsey	Guernsey	4
54.20	566	H	15/03/03	Hampshire County Champs 2003	Various	Guernsey	2
54.20	566	F	11/10/14	Guernsey Interinsular Meet	Guernsey	Guernsey	4
54.23	565		30/06/03	Island Games	Guernsey	Guernsey	2
54.25	564	F	13/03/04	Hampshire County Championships	Waterlooville	Guernsey	2
54.29	563	F	21/11/15	Rothschilds Island Championship	Guernsey	Guernsey	3
54.32	562	F	27/11/16	Channel Island Closed Swimming Championships	Les Quennevais	Guernsey	3
54.33	562	F	30/06/12	Beau Sejour Barracudas Specsavers Meet	Guernsey	Guernsey	2
54.35	561	F	29/06/13	The Specsavers Open Meet 2013	Guernsey	Guernsey	2
54.43	559		28/05/04	Beau Sejour Barracudas Meet	Guernsey	Guernsey	2
54.43	559	F	25/11/18	CHANNEL ISLAND CLOSED SWIMMING CHAMPS	LES QUENNEVAIS	Guernsey	2
54.47	557	F	19/03/16	Guernsey Island Championships (Closed)	Guernsey	Guernsey	3
54.50	556	F	20/09/14	Specsavers GASA 100m	Guernsey	Guernsey	4
54.52	556	F	15/12/12	Jersey SC 45th Annual Age Group Champs	Jersey	Guernsey	3
54.55	555	F	28/10/12	Tigers SC 31st Autumn Open Meet	Jersey	Guernsey	2
54.57	554		17/03/07	Hampshire County Champs	Southampton	Guernsey	2
54.57	554	F	01/10/16	Guernsey 100m Sprint Gala	Guernsey	Guernsey	4
54.60	553	F	29/05/10	Beau Sejour Barracudas Meet	Guernsey	Guernsey	2
54.65	552	H	12/03/05	Hampshire County Champs 2005	Southampton	Guernsey	2
54.71	550	F	02/03/16	Guernsey SC Rothschild 100m Sprint Gala	Guernsey	Guernsey	4
54.79	548		25/04/09	Jersey 37th Island Champs	Jersey	Guernsey	2
54.81	547	F	01/10/17	JASA Inter Insular 2017	St Helier	Guernsey	4
54.81	547	F	22/10/17	Walkers Tigers Annual Autumn Open Meet 2017	St Brelade	Guernsey	2
54.82	547	F	23/03/19	Rothschild Island Championships	St Sampsons School	Guernsey	3
54.84	546	H	13/03/04	Hampshire County Championships	Waterlooville	Guernsey	2
54.86	546	F	23/02/02	Hampshire County Champs 2002	Southampton	Guernsey	2
54.86	546	F	10/10/15	Jersey ASA Inter Insular 2015	Jersey	Guernsey	4
54.96	543	F	24/03/18	Rothschild Island Championships	St Sampsons School	Guernsey	3
54.97	542	F	16/04/15	Guernsey SC Club Championships	Guernsey	Guernsey	4
55.19	536	H	23/02/02	Hampshire County Champs 2002	Southampton	Guernsey	2

55.20	536	F	23/11/13	Guernsey Island Championships (Closed)	Guernsey	Guernsey	3
55.21	535		24/05/02	Beau Senior Barracudas Meet	Guernsey	Guernsey	2
55.21	535	F	26/11/17	Channel Island Closed Swimming Championships 2017	Guernsey	Guernsey	2
55.23	535		13/03/10	Hampshire County Champs	Southampton	Guernsey	2
55.23	535	F	08/06/19	The Barracudas 31st Oak Open Meet 2019	Guernsey	Guernsey	2
55.31	532	F	25/03/17	Rothschilds Island Championships (Closed)	St Sampsons	Guernsey	3
55.79	519	F	17/09/11	Guernsey ASA 100m Sprints	Guernsey	Guernsey	4
55.86	517	F	26/06/19	Rothschild 100m Series Fly, IM & Freestyle Champs	St Sampsons	Guernsey	4
56.04	512	F	21/09/13	Guernsey ASA Specsavers 100m Champs	Guernsey	Guernsey	3
56.34	504	F	01/02/14	Guernsey Club Championships	Guernsey	Guernsey	4
56.48	500	F	22/09/12	Guernsey SC Rothschild Series	Guernsey	Guernsey	4
56.53	499	F	08/02/12	Guernsey SC Rothschild Series	Guernsey	Guernsey	4
57.19	481	F	24/11/12	Guernsey Channel Island Championships	Guernsey	Guernsey	3
57.30	479	F	22/01/12	Channel Island Closed Championships	Les Quennevais	Guernsey	2
57.33	478		25/05/01	Beau Sejour Barracudas Meet	Guernsey Channel Is	Guernsey	2
57.59	472		05/02/10	Guernsey Club Champs	Guernsey	Guernsey	4
57.91	464		06/04/01	Guernsey Island Championships	Guernsey	Guernsey	2
57.96	463	H	03/02/01	Channel Islands (Jersey)	Fort Regent	Guernsey	2
58.42	452	H	18/03/01	Hampshire County Champs 2001	Portsmouth/Watervill	Guernsey	2
58.62	447	H	19/03/00	Hampshire County Champs 1-10	Various	Guernsey	2
59.01	438	H	23/04/00	Plymouth Easter Open Meet	Plymouth	Guernsey	2
59.04	438		26/05/00	Beau Sejour Barracudas Open	Guernsey	Guernsey	2
59.38	430	F	23/04/00	Plymouth Easter Open Meet	Plymouth	Guernsey	2
1:00.21	413	H	12/02/00	Channel Island Champs, Jersey	Fort Regent, Jersey	Guernsey	2
1:03.11	358	F	04/04/99	Plymouth Leander Easter Meet	Plymouth	Guernsey	2
1:03.80	347		23/04/99	Island Championships	Guernsey	Guernsey	2
1:03.86	346	H	04/04/99	Plymouth Leander Easter Meet	Plymouth	Guernsey	2
1:04.40	337		28/05/99	Beau Sejour Barracudas Open	Guernsey	Guernsey	2
1:05.03	327	H	06/03/99	Hampshire Championships	Portsm'th/W'looville	Guernsey	2
1:07.31	295	H	06/02/99	C.I. Closed Champs (Jersey)	Les Quennevais	Guernsey	2
1:08.22	283		24/04/98	Island Championships	Guernsey	Guernsey	2
1:08.63	278		12/04/98	Plymouth Leander Easter Meet	Plymouth	Guernsey	2
1:09.46	269		12/04/98	Plymouth Leander Easter Meet	Plymouth	Guernsey	2
1:09.67	266		22/05/98	Beau Sejour Barracudas Open	Guernsey	Guernsey	2
1:09.98	263		22/05/98	Beau Sejour Barracudas Open	Guernsey	Guernsey	2
1:10.32	259		01/03/98	Hampshire Championships	Portsm'th/W'looville	Guernsey	2
1:11.45	247		30/01/98	C.I. Closed Champs (Guernsey)	Guernsey	Guernsey	2
1:12.88	232		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
55.86	517	F	26/06/19	Rothschild 100m Series Fly, IM & Freestyle Champs	St Sampsons	Guernsey	4
55.23	535	F	08/06/19	The Barracudas 31st Oak Open Meet 2019	Guernsey	Guernsey	2
54.82	547	F	23/03/19	Rothschild Island Championships	St Sampsons School	Guernsey	3
54.43	559	F	25/11/18	CHANNEL ISLAND CLOSED SWIMMING CHAMPS	LES QUENNEVAIS	Guernsey	2
54.96	543	F	24/03/18	Rothschild Island Championships	St Sampsons School	Guernsey	3
54.19	566	F	16/02/18	Rothschilds 100m Gala Freestyle	Guernsey	Guernsey	4
55.21	535	F	26/11/17	Channel Island Closed Swimming Championships 2017	Guernsey	Guernsey	2
54.81	547	F	22/10/17	Walkers Tigers Annual Autumn Open Meet 2017	St Brelade	Guernsey	2
54.81	547	F	01/10/17	JASA Inter Insular 2017	St Helier		4
55.31	532	F	25/03/17	Rothschilds Island Championships (Closed)	St Sampsons	Guernsey	3
53.88	576	F	03/03/17	Rothschilds 100m Gala Freestyle	Guernsey	Guernsey	4
54.32	562	F	27/11/16	Channel Island Closed Swimming Championships	Les Quennevais	Guernsey	3

54.57	554	F	01/10/16	Guernsey 100m Sprint Gala	Guernsey	Guernsey	4
54.15	567	F	18/06/16	The Specsavers Open Meet 2016	Guernsey	Guernsey	2
54.47	557	F	19/03/16	Guernsey Island Championships (Closed)	Guernsey	Guernsey	3
54.71	550	F	02/03/16	Guernsey SC Rothschild 100m Sprint Gala	Guernsey	Guernsey	4
54.29	563	F	21/11/15	Rothschilds Island Championship	Guernsey	Guernsey	3
53.08	602	F	25/10/15	Walkers Tigers 34th Autumn Open Meet 2015	Jersey	Guernsey	2
54.86	546	F	10/10/15	Jersey ASA Inter Insular 2015	Jersey		4
52.93	607	H	01/07/15	NatWest Island Games 2015	Jersey		2
53.10	602	F	23/05/15	The Specsavers Open Meet	Guernsey	Guernsey	2
54.97	542	F	16/04/15	Guernsey SC Club Championships	Guernsey	Guernsey	4
53.41	591	F	25/01/15	Channel Island Closed Swimming Champs	Guernsey	Guernsey	2
53.91	575	F	26/10/14	Walkers Tigers 33rd Open Meet	Jersey	Guernsey	2
54.20	566	F	11/10/14	Guernsey Interinsular Meet	Guernsey		4
54.50	556	F	20/09/14	Specsavers GASA 100m	Guernsey	Guernsey	4
53.72	581	F	28/06/14	Beau Sejour Barracudas Specsavers Open Meet	Guernsey	Guernsey	2
56.34	504	F	01/02/14	Guernsey Club Championships	Guernsey	Guernsey	4
53.12	601	F	26/01/14	The Channel Islands Closed Swimming Champ	Les Queinevais	Guernsey	2
55.20	536	F	23/11/13	Guernsey Island Championships (Closed)	Guernsey	Guernsey	3
56.04	512	F	21/09/13	Guernsey ASA Specsavers 100m Champs	Guernsey	Guernsey	3
54.35	561	F	29/06/13	The Specsavers Open Meet 2013	Guernsey	Guernsey	2
53.88	576	F	20/01/13	Channel Island Championships	Guernsey	Guernsey	2
54.52	556	F	15/12/12	Jersey SC 45th Annual Age Group Champs	Jersey	Guernsey	3
57.19	481	F	24/11/12	Guernsey Channel Island Championships	Guernsey	Guernsey	3
54.55	555	F	28/10/12	Tigers SC 31st Autumn Open Meet	Jersey	Guernsey	2
56.48	500	F	22/09/12	Guernsey SC Rothschild Series	Guernsey	Guernsey	4
54.33	562	F	30/06/12	Beau Sejour Barracudas Specsavers Meet	Guernsey	Guernsey	2
56.53	499	F	08/02/12	Guernsey SC Rothschild Series	Guernsey	Guernsey	4
57.30	479	F	22/01/12	Channel Island Closed Championships	Les Quennevais	Guernsey	2
55.79	519	F	17/09/11	Guernsey ASA 100m Sprints	Guernsey	Guernsey	4
53.81	578	F	28/05/11	Beau Sejour Barracudas Open Meet 2011	Guernsey	Guernsey	2
53.40	592	H	02/04/11	Jersey 39th Island Championships	LEs Quennevais	Guernsey	2
53.53	587	F	23/01/11	Channel Island Closed Swimming Champs	Guernsey	Guernsey	2
53.59	585	F	20/11/10	Guernsey Island Champs	Guernsey	Guernsey	3
54.60	553	F	29/05/10	Beau Sejour Barracudas Meet	Guernsey	Guernsey	2
55.23	535		13/03/10	Hampshire County Champs	Southampton	Guernsey	2
57.59	472		05/02/10	Guernsey Club Champs	Guernsey	Guernsey	4
54.06	570		23/05/09	Beau Sejour Barracudas NRG	Guernsey	Guernsey	2
54.79	548		25/04/09	Jersey 37th Island Champs	Jersey	Guernsey	2
53.76	580		24/01/09	Channel Islands Champs	Guernsey	Guernsey	2
53.65	583		22/11/08	Guernsey Island Champs	Guernsey	Guernsey	4
53.12	601		05/02/08	Guernsey Club Champs	Guernsey	Guernsey	4
53.89	576		19/01/08	Channel Island Champs	Jersey & Guernsey	Guernsey	2
53.92	575		23/11/07	Guernsey Island Champs	Guernsey	Guernsey	3
53.26	596		26/10/07	AIB Jersey Tigers Open	St Brelade	Guernsey	2
53.00	605		25/05/07	Beau Sejour Barracudas	Guernsey	Guernsey	1
53.37	593		17/03/07	Hampshire County Champs	Southampton	Guernsey	2
54.57	554		17/03/07	Hampshire County Champs	Southampton	Guernsey	2
52.88	609		20/01/07	Channel Island Champs	Guernsey	Guernsey	2
52.80	612		27/10/06	Tigers AIB 25th Autumn	Jersey	Guernsey	2
53.26	596		26/05/06	Beau Sejour Barracuda	Guernsey	Guernsey	1
52.85	610		31/03/06	Guernsey Island Champs	Guernsey	Guernsey	1
53.86	577		28/10/05	Tigers 24th Autumn Open Mt	St Brelade	Guernsey	2
53.34	594	F	13/07/05	Natwest Island Games	Shetland	Guernsey	2
53.53	587	H	13/07/05	Natwest Island Games	Shetland	Guernsey	2

53.41	591		27/05/05	Beau Sejour Barracudas Meet	Guernsey	Guernsey	2
52.88	609		22/04/05	Guernsey Island Championships	Guernsey	Guernsey	2
53.32	594		25/03/05	Reading Easter Open Meet	Reading	Guernsey	2
53.60	585		25/03/05	Reading Easter Open Meet	Reading	Guernsey	2
53.59	585	F	12/03/05	Hampshire County Champs 2005	Southampton	Guernsey	2
54.65	552	H	12/03/05	Hampshire County Champs 2005	Southampton	Guernsey	2
53.61	585		22/10/04	Tigers 23rd Autumn Open Meet	Les Quennevais	Guernsey	2
54.43	559		28/05/04	Beau Sejour Barracudas Meet	Guernsey	Guernsey	2
52.79	612		09/04/04	Reading Easter Open Meet	Reading	Guernsey	2
53.93	574		09/04/04	Reading Easter Open Meet	Reading	Guernsey	2
53.19	599		26/03/04	Guernsey Island Championships	Guernsey	Guernsey	2
54.25	564	F	13/03/04	Hampshire County Championships	Waterlooville	Guernsey	2
54.84	546	H	13/03/04	Hampshire County Championships	Waterlooville	Guernsey	2
53.76	580		30/01/04	Guernsey CI Closed Champs	Guernsey	Guernsey	2
54.01	572		30/06/03	Island Games	Guernsey	Guernsey	2
54.23	565		30/06/03	Island Games	Guernsey	Guernsey	2
53.68	582		23/05/03	Beau Sejour Barracudas Meet	Guernsey	Guernsey	2
52.72	615		18/04/03	Reading Open Meet 2003	Reading	Guernsey	2
53.86	577		18/04/03	Reading Open Meet 2003	Reading	Guernsey	2
53.15	600		28/03/03	Guernsey Island Championships	Guernsey	Guernsey	2
53.97	573	F	15/03/03	Hampshire County Champs 2003	Various	Guernsey	2
54.20	566	H	15/03/03	Hampshire County Champs 2003	Various	Guernsey	2
52.30	630		24/01/03	Channel Islands (Jersey)	Fort Regent	Guernsey	2
53.64	584	H	20/10/02	ASA Inter-Counties Gala	Sheffield	Guernsey	2
55.21	535		24/05/02	Beau Senior Barracudas Meet	Guernsey	Guernsey	2
53.80	578		19/04/02	Guernsey Island Championships	Guernsey	Guernsey	2
53.88	576	H	31/03/02	AIB Tigers Easter Meet	Fort Regent, Jersey	Guernsey	2
54.86	546	F	23/02/02	Hampshire County Champs 2002	Southampton	Guernsey	2
55.19	536	H	23/02/02	Hampshire County Champs 2002	Southampton	Guernsey	2
57.33	478		25/05/01	Beau Sejour Barracudas Meet	Guernsey Channel Is	Guernsey	2
57.91	464		06/04/01	Guernsey Island Championships	Guernsey	Guernsey	2
58.42	452	H	18/03/01	Hampshire County Champs 2001	Portsmouth/Watervill	Guernsey	2
57.96	463	H	03/02/01	Channel Islands (Jersey)	Fort Regent	Guernsey	2
59.04	438		26/05/00	Beau Sejour Barracudas Open	Guernsey	Guernsey	2
59.38	430	F	23/04/00	Plymouth Easter Open Meet	Plymouth	Guernsey	2
59.01	438	H	23/04/00	Plymouth Easter Open Meet	Plymouth	Guernsey	2
58.62	447	H	19/03/00	Hampshire County Champs 1-10	Various	Guernsey	2
1:00.21	413	H	12/02/00	Channel Island Champs, Jersey	Fort Regent, Jersey	Guernsey	2
1:04.40	337		28/05/99	Beau Sejour Barracudas Open	Guernsey	Guernsey	2
1:03.80	347		23/04/99	Island Championships	Guernsey	Guernsey	2
1:03.11	358	F	04/04/99	Plymouth Leander Easter Meet	Plymouth	Guernsey	2
1:03.86	346	H	04/04/99	Plymouth Leander Easter Meet	Plymouth	Guernsey	2
1:05.03	327	H	06/03/99	Hampshire Championships	Portsm'th/W'looville	Guernsey	2
1:07.31	295	H	06/02/99	C.I. Closed Champs (Jersey)	Les Quennevais	Guernsey	2
1:09.67	266		22/05/98	Beau Sejour Barracudas Open	Guernsey	Guernsey	2
1:09.98	263		22/05/98	Beau Sejour Barracudas Open	Guernsey	Guernsey	2
1:08.22	283		24/04/98	Island Championships	Guernsey	Guernsey	2
1:08.63	278		12/04/98	Plymouth Leander Easter Meet	Plymouth	Guernsey	2
1:09.46	269		12/04/98	Plymouth Leander Easter Meet	Plymouth	Guernsey	2
1:10.32	259		01/03/98	Hampshire Championships	Portsm'th/W'looville	Guernsey	2
1:11.45	247		30/01/98	C.I. Closed Champs (Guernsey)	Guernsey	Guernsey	2
1:12.88	232		23/05/97	Killerwhales May Desig. Meet	Fullwell Cross	Guernsey	2