

# Individual Best Times (All Time)

Ben Gilchrist - (856706) - Richmond Dales ASC - 50 Backstroke - 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
29.76	410	H	09/01/22	Richmond Dales ASC Club Champs 2022	Catterick	RichmondDale	4
29.84	406	H	16/11/19	BUCS Short Course Swimming Championships 2019	Sheffield		2
29.91	403	H	05/01/24	Richmond Dales ASC Club Champs 2024	Richmond	RichmondDale	4
30.09	396	H	15/10/23	Bo Stockton Winter Swim Festival 2023	Billingham	RichmondDale	2
30.10	396	H	02/06/23	Richmond Dales ASC Club Champs 2023	Richmond	RichmondDale	4
30.16	393	H	02/11/20	Richmond Dales ASC	Richmond	RichmondDale	0
30.25	390	H	16/09/23	Richmond Dales Iain Young Back to Pool Gala 2023	Middlesborough	RichmondDale	3
31.00	362	F	18/11/17	Tynemouth ASC Winter Gala	Tynemouth	Durham City	3
32.36	318	H	17/09/16	Richmond Dales Back to School Gala	Durham	Wear Valley	3
35.45	242	H	19/09/15	Richmond Dales Open Meet	Durham	Wear Valley	3
39.31	177	H	27/04/14	Chester Le Street ASC Open Meet	Stanley	Wear Valley	3
40.81	159	F	20/09/14	Richmond Dales ASC Open Meet	Durham		3
44.71	120	H	07/09/13	South Tyneside ASC Autumn Meet	Hebburn	Wear Valley	3
44.74	120	H	07/07/13	Newburn ASC 7th Annual Summer Gala	Tynemouth	Wear Valley	3
46.70	106	H	06/01/13	Peterlee ASC Annual Graded Gala	Stanley	Wear Valley	3
48.27	96	H	20/05/12	Wear Valley ASC May L3 Meet	Bishop Auckland	Wear Valley	3
49.20	90	H	07/10/12	Darlington ASC Dander October Meet	Darlington	Wear Valley	4
49.77	87	H	15/07/12	Newburn ASC 6th Summer Meet	Stanley	Wear Valley	3
52.71	73	H	04/03/12	Derwentside Development Meet	Stanley	Wear Valley	4

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