

Individual Best Times (All Time)

Ben Aubrey - (1314872) - Southwold Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.28	27.50	404	01/02/22	Gloucester County Championships 2022	Hengrove LC	SW220074	1
100 Freestyle	1:03.97	1:02.60	393	31/01/22	Gloucester County Championships 2022	Hengrove LC	SW220074	1
200 Freestyle	2:32.39	2:30.10	299	18/01/20	Gloucester County Championships	Hengrove, Bristol	SW200241	1
50 Breaststroke	38.59	37.80	304	31/01/22	Gloucester County Championships 2022	Hengrove LC	SW220074	1
100 Breaststroke	1:27.12	1:25.70	278	03/02/22	Gloucester County Champions 2022 Finals	Hengrove LC	SW220714	1
50 Butterfly	31.63	31.00	349	29/01/22	Gloucester County Championships 2022	Hengrove LC	SW220073	1
50 Backstroke	32.30	31.70	387	30/01/22	Gloucester County Championships 2022	Hengrove LC	SW220073	1
100 Backstroke	1:11.35	1:10.20	378	29/01/22	Gloucester County Championships 2022	Hengrove LC	SW220073	1
200 Backstroke	2:35.38	2:33.20	373	02/02/22	Gloucester County Champions 2022 Finals	Hengrove LC	SW220714	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.25	28.00	404	16/10/22	Gloucetser City Swimming Club L2 Autumn Open Meet	Gloucetser	SW221561	2
100 Freestyle	1:01.71	1:03.10	383	26/03/22	Street SC, Millfield & TDSC Regional Qualifier 22	Millfield	SW220243	3
200 Freestyle	2:25.95	2:28.30	315	06/04/19	Soundwell Level 3 Open Meet	GL1 Leisure Centre	SW190284	3
50 Breaststroke	36.84	37.70	310	14/11/21	Southwold ASC May L3 Meet	Gloucester	SW220635	3
100 Breaststroke	1:22.64	1:24.20	299	26/03/22	Street SC, Millfield & TDSC Regional Qualifier 22	Millfield	SW220243	3
200 Breaststroke	3:06.72	3:09.50	266	23/11/21	Southwold SC Club Championships	Yate LC	SW211089	4
50 Butterfly	30.48	31.10	363	29/05/22	Southwold ASC May L3 Meet	Gloucester	SW220635	3
100 Butterfly	1:18.28	1:19.20	227	28/05/22	Southwold ASC May L3 Meet	Gloucester	SW220635	3
50 Backstroke	30.98	31.60	363	15/10/22	Gloucetser City Swimming Club L2 Autumn Open Meet	Gloucetser	SW221561	2
100 Backstroke	1:07.55	1:08.70	366	29/05/22	Southwold ASC May L3 Meet	Gloucester	SW220635	3
200 Backstroke	2:26.70	2:29.00	373	29/10/22	City Of Bristol Halloween Spooktacular 2022	Hengrove Park	SW221936	3
200 Individual Medley	2:45.50	2:47.90	290	21/11/21	Southwold SC Club Championships	Yate LC	SW211089	4
100 Individual Medley	1:11.24	1:11.20	331	30/10/22	City Of Bristol Halloween Spooktacular 2022	Hengrove Park	SW221936	3