

Individual Best Times (All Time)

Benjamin Artis - (313978) - Staines Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.07	26.30	460	04/05/13	BG South East Region Youth Champs	Crawley	SER301	1
100 Freestyle	58.31	56.90	519	05/05/13	BG South East Region Youth Champs	Crawley	SER301	1
200 Freestyle	2:12.75	2:10.10	453	02/04/11	Derventio Excel Open Meet	Sheffield	EM1083	1
400 Freestyle	4:41.91	4:36.90	475	05/12/10	Rushmoor Royals Champs	Aldershot	SE0904	4
800 Freestyle	9:41.33	9:31.30	470	16/10/10	Rushmoor Royals Distance	Aldershot	SE0591	1
1500 Freestyle	18:46.79	18:28.30	461	28/02/10	Hampshire County Champs	Portsmouth	CC0108	1
50 Breaststroke	37.54	36.70	330	17/11/12	Crawley Not So Early Bird Meet	Crawley	SE2304	1
100 Breaststroke	1:28.53	1:27.10	265	20/12/09	Rushmoor Royals Club Chmp	Aldershot	SE9732	4
200 Breaststroke	3:08.01	3:05.20	297	30/10/10	Rushmoor Royals Open	Aldershot	SE0592	1
50 Butterfly	29.69	29.00	422	06/05/12	British Gas South East Youth Championship	Crawley	SER214	1
100 Butterfly	1:08.40	1:07.30	377	18/03/12	Hampshire County Championships	Portsmouth	CC2102	1
50 Backstroke	28.34	27.60	573	18/05/13	Rotherham Metro Level 1 Open Meet	Sheffield	NE3049	1
100 Backstroke	1:00.81	59.50	610	17/07/12	BG ASA National Youth Championships 2012	Sheffield	ASA119	1
200 Backstroke	2:15.99	2:13.50	557	06/05/12	British Gas South East Youth Championship	Crawley	SER214	1
200 Individual Medley	2:25.66	2:22.90	479	05/05/13	BG South East Region Youth Champs	Crawley	SER301	1
400 Individual Medley	5:16.62	5:11.00	449	03/12/11	South East Region Open & Junior Champs	Aldershot	SER127	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.23	27.00	454	05/10/14	Poole Club Championships	Poole	SW14327	4
100 Freestyle	57.41	58.80	476	24/09/13	Staines Club Championships	Elmbridge	SE3674	4
200 Freestyle	2:05.12	2:07.90	500	11/03/13	Middlesex County Championships	Enfield	CC3093	2
400 Freestyle	4:26.14	4:31.40	507	23/09/13	Staines SC Club Championships	Staines	SE3673	4
800 Freestyle	9:35.28	9:45.20	457	17/12/09	Rushmoor Royals Club Chmp	Aldershot	SE9730	4
1500 Freestyle	18:03.04	18:21.90	478	03/12/10	Rushmoor Royals Champs	Aldershot	SE0903	4
50 Breaststroke	35.88	36.70	336	21/09/13	Staines SC Club Championships	Staines	SE3673	4
100 Breaststroke	1:18.20	1:19.80	353	25/09/13	Staines Club Championships	Elmbridge	SE3674	4
200 Breaststroke	2:56.46	2:59.40	315	23/01/11	Rushmoor Royals Club Championships	Aldershot	SE0905	4
50 Butterfly	29.06	29.70	419	13/03/13	Middlesex County Championships	Enfield	CC3094	2
100 Butterfly	1:04.93	1:06.10	398	24/09/13	Staines Club Championships	Elmbridge	SE3674	4
50 Backstroke	27.59	28.30	514	08/12/13	ASA South East Region Winter Championships	Portsmouth	SER329	2
100 Backstroke	59.46	1:00.80	537	20/10/13	BG ASA National County Team Division 1	Sheffield	ASA130	2
200 Backstroke	2:10.34	2:12.90	532	08/12/13	ASA South East Region Winter Championships	Portsmouth	SER329	2
200 Individual Medley	2:21.90	2:24.60	461	24/09/13	Staines Club Championships	Elmbridge	SE3674	4
400 Individual Medley	5:07.57	5:13.20	444	12/03/13	Middlesex County Championships	Enfield	CC3093	2
100 Individual Medley	1:05.40	1:05.40	427	25/09/13	Staines Club Championships	Elmbridge	SE3674	4