

Individual Best Times (All Time)

Matthew Alford - (1102526) - Woking SC

Long Course

| Stroke | LC Time | Converted to SC | LC WA Pts | Date | Meet | Venue | Licence | Level |
|-----------------------|---------|-----------------|-----------|----------|---|-----------|----------|-------|
| 50 Freestyle | 31.13 | 30.50 | 303 | 17/02/18 | Surrey Age Group Championships 2018 | Surrey | LR180304 | 1 |
| 100 Freestyle | 1:09.73 | 1:08.50 | 303 | 10/03/18 | Windsor LC L3 Regional Chaser Open Meet | Aldershot | SE180768 | 3 |
| 200 Freestyle | 2:55.15 | 2:53.20 | 197 | 12/04/15 | Rushmoor Royals Spring NQ Open Meet | Aldershot | SE150233 | 1 |
| 400 Freestyle | 5:16.90 | 5:12.40 | 334 | 13/01/18 | Surrey Age Group Championships 2018 | Surrey | LR180302 | 1 |
| 50 Breaststroke | 43.46 | 42.70 | 212 | 17/02/18 | Surrey Age Group Championships 2018 | Surrey | LR180304 | 1 |
| 50 Butterfly | 34.11 | 33.50 | 278 | 17/02/18 | Surrey Age Group Championships 2018 | Surrey | LR180304 | 1 |
| 50 Backstroke | 37.39 | 36.80 | 249 | 17/02/18 | Surrey Age Group Championships 2018 | Surrey | LR180304 | 1 |
| 100 Backstroke | 1:21.79 | 1:20.80 | 251 | 10/03/18 | Windsor LC L3 Regional Chaser Open Meet | Aldershot | SE180768 | 3 |
| 200 Individual Medley | 2:57.46 | 2:55.20 | 265 | 18/03/17 | Rushmoor Royals L1 Spring National Qualifier Open | Aldershot | SE170371 | 1 |

Short Course

| Stroke | SC Time | Converted to LC | SC WA Pts | Date | Meet | Venue | License | Level |
|-----------------------|----------|-----------------|-----------|----------|------------------------------------|-------------------|----------|-------|
| 50 Freestyle | 30.74 | 31.40 | 282 | 03/12/17 | Woking December Dasher Meet 2017 | Woking | SE172274 | 3 |
| 100 Freestyle | 1:07.53 | 1:08.80 | 292 | 03/12/17 | Woking December Dasher Meet 2017 | Woking | SE172274 | 3 |
| 200 Freestyle | 2:25.01 | 2:27.40 | 321 | 05/11/17 | Haslemere Autumn Sparkler | Haslemere | SE171407 | 3 |
| 400 Freestyle | 5:04.32 | 5:08.90 | 339 | 12/12/17 | Woking Club Championships | Woking | SE171783 | 4 |
| 1500 Freestyle | 20:20.20 | 20:37.00 | 334 | 12/11/17 | Haslemere 800m & 1500m Time Trials | The Haslemere Ctr | SE172280 | 4 |
| 50 Breaststroke | 42.55 | 43.30 | 201 | 03/12/17 | Woking December Dasher Meet 2017 | Woking | SE172274 | 3 |
| 100 Breaststroke | 1:36.20 | 1:37.50 | 189 | 30/10/16 | Woking Club Championships | Woking | SE161602 | 4 |
| 200 Breaststroke | 3:16.91 | 3:19.60 | 227 | 17/10/17 | Woking Club Championships | Woking | SE171732 | 4 |
| 50 Butterfly | 35.54 | 36.10 | 229 | 05/03/17 | Surrey Age Group Championships | Guildford | LR170179 | 2 |
| 100 Butterfly | 1:21.49 | 1:22.40 | 201 | 26/11/17 | Woking Club Championships | Woking | SE171733 | 4 |
| 50 Backstroke | 36.18 | 36.70 | 228 | 20/05/18 | Woking 9th B C Grade Octopus Meet | Woking | SE180762 | 3 |
| 100 Backstroke | 1:17.22 | 1:18.30 | 245 | 05/11/17 | Haslemere Autumn Sparkler | Haslemere | SE171407 | 3 |
| 200 Backstroke | 2:47.84 | 2:49.80 | 249 | 15/10/17 | Woking Club Championships | Woking | SE171731 | 4 |
| 200 Individual Medley | 2:44.05 | 2:46.40 | 298 | 26/11/17 | Woking Club Championships | Woking | SE171733 | 4 |
| 400 Individual Medley | 7:12.71 | 7:16.80 | 159 | 30/11/14 | Woking SC Club Championships 2014 | Woking | SE14382 | 4 |
| 100 Individual Medley | 1:18.33 | 1:18.30 | 249 | 20/05/18 | Woking 9th B C Grade Octopus Meet | Woking | SE180762 | 3 |