

Individual Best Times (All Time)

Matthew Aldred - (1138274) - Watford SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.10	26.30	459	25/01/20	BSBASA County Championships	Wycombe	SE200054	1
100 Freestyle	54.28	52.70	643	10/03/24	Putteridge SC Spring LC National Qualifier 2024	Luton	ER240200	1
200 Freestyle	2:13.76	2:11.10	443	23/03/19	Wycombe Swimming's 4th LC Premier Meet	Wycombe	SE190056	1
400 Freestyle	4:34.82	4:29.70	513	11/01/20	BSBASA County Championships	Wycombe	SE200053	1
1500 Freestyle	18:10.04	17:51.00	510	25/01/20	BSBASA County Championships	Wycombe	SE200054	1
100 Breaststroke	1:46.55	1:45.40	152	17/07/16	Wycombe District End of Season Open Meet 2016	Wycombe	SE160109	3
50 Butterfly	25.57	24.80	660	28/07/23	British Summer Championships	Sheffield	BSW025	1
100 Butterfly	55.85	54.50	694	26/07/23	British Summer Championships	Sheffield	BSW025	1
200 Butterfly	2:08.50	2:06.00	633	03/04/24	Speedo Aquatics GB Swimming Championships 2024	London	BSW026	1
50 Backstroke	27.94	27.20	598	30/04/22	SE East Region Long Course Championships 2022	Norwich	ER220677	1
100 Backstroke	1:00.18	58.80	630	01/05/23	Swim England East Region LC Championships 2023	Norwich	ER230334	1
200 Backstroke	2:13.33	2:10.80	591	30/04/23	Swim England East Region LC Championships 2023	Norwich	ER230334	1
200 Individual Medley	2:13.05	2:10.10	629	10/03/24	Putteridge SC Spring LC National Qualifier 2024	Luton	ER240200	1
400 Individual Medley	4:45.07	4:38.90	615	09/03/24	Putteridge SC Spring LC National Qualifier 2024	Luton	ER240200	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	23.83	24.70	605	19/11/23	Watford SC County Qualifier 2023	Watford	ER231284	3
100 Freestyle	52.44	54.00	625	10/12/22	National Arena Swimming League-London Rounds 2022	Westminster Lodge	ER221798	2
200 Freestyle	1:54.76	1:57.70	649	08/10/23	Winchester City Penguins Winter Autumn Qualifier	Winchester	SE231502	2
400 Freestyle	4:08.12	4:13.70	625	28/01/24	SE Hertfordshire County Championships 2024	Borehamwood	ER240101	2
800 Freestyle	8:47.88	8:58.70	592	13/01/24	SE Hertfordshire County Championships 2024	St Albans	ER240099	2
1500 Freestyle	16:53.97	17:14.10	582	15/11/23	Co St Albans & Watford SCs Joint Club Champs 2023	Watford	ER231155	3
50 Breaststroke	30.28	31.30	559	27/01/24	SE Hertfordshire County Championships 2024	Borehamwood	ER240101	2
100 Breaststroke	1:07.71	1:09.50	544	18/11/23	Watford SC County Qualifier 2023	Watford	ER231284	3
200 Breaststroke	2:31.55	2:35.00	498	11/10/23	Watford Swimming Club 2023 Club Championships	Watford	ER231085	4
50 Butterfly	25.08	25.80	652	08/10/23	Winchester City Penguins Winter Autumn Qualifier	Winchester	SE231502	2
100 Butterfly	55.39	56.70	641	14/12/23	Swim England Winter Championships 2023	Sheffield	ENG029	2
200 Butterfly	2:02.10	2:04.70	670	15/12/23	Swim England Winter Championships 2023	Sheffield	ENG029	2
50 Backstroke	26.49	27.20	581	28/01/24	SE Hertfordshire County Championships 2024	Borehamwood	ER240101	2
100 Backstroke	57.85	59.20	583	19/11/23	Watford SC County Qualifier 2023	Watford	ER231284	3
200 Backstroke	2:06.14	2:08.70	587	21/01/24	SE Hertfordshire County Championships 2024	Borehamwood	ER240100	2
200 Individual Medley	2:07.40	2:10.40	637	03/12/22	National Winter Championships 2022	Sheffield	ENG027	2
400 Individual Medley	4:34.78	4:41.10	624	27/01/24	SE Hertfordshire County Championships 2024	Borehamwood	ER240101	2
100 Individual Medley	58.56	58.60	595	20/01/24	SE Hertfordshire County Championships 2024	Borehamwood	ER240100	2