

# Individual Best Times (All Time)

Rachel Matthews - (212042) - Mid Sussex Marlins

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	36.43	35.90	272	14/01/12	Rushmoor Royals New Year Meet	Aldershot	SE2037	3
100 Freestyle	1:19.61	1:18.50	274	14/01/12	Rushmoor Royals New Year Meet	Aldershot	SE2037	3
200 Freestyle	2:25.89	2:23.50	462	14/03/15	Hampshire County ASA Championships	Portsmouth	CC150878	1
400 Freestyle	5:07.60	5:03.00	448	15/03/15	Hampshire County ASA Championships	Portsmouth	CC150887	1
50 Breaststroke	39.93	39.10	389	16/03/14	Hampshire County Championships	Portsmouth	CC4116	1
100 Breaststroke	1:28.26	1:26.80	383	15/03/14	Hampshire County Championships	Portsmouth	CC4116	1
200 Breaststroke	3:33.21	3:30.70	268	14/01/12	Rushmoor Royals New Year Meet	Aldershot	SE2037	3
50 Backstroke	43.11	42.60	241	14/01/12	Rushmoor Royals New Year Meet	Aldershot	SE2037	3
100 Backstroke	1:31.64	1:30.80	244	03/10/10	Crawley Opportunity Meet	Crawley	SE0476	3
200 Backstroke	3:16.71	3:15.00	245	03/10/10	Crawley Opportunity Meet	Crawley	SE0476	3
200 Individual Medley	2:51.16	2:48.80	400	14/03/15	Hampshire County ASA Championships	Portsmouth	CC150878	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.93	32.60	370	13/06/15	Swim Out of Your Skin Open Meet	Waterlooville	SE151195	3
100 Freestyle	1:09.58	1:10.80	376	24/11/13	Hampshire Schools 2013	Waterlooville	SE3808	3
200 Freestyle	2:23.24	2:25.60	456	13/06/15	Swim Out of Your Skin Open Meet	Waterlooville	SE151195	3
400 Freestyle	5:03.09	5:07.70	444	13/06/15	Swim Out of Your Skin Open Meet	Waterlooville	SE151195	3
800 Freestyle	10:30.19	10:39.30	434	19/09/15	Fareham Nomads Club Championships	Portsmouth	SE151583	4
1500 Freestyle	22:26.66	22:41.90	306	29/11/11	Fareham Nomads Club Championships	Fareham	SE1674	4
50 Breaststroke	39.73	40.50	364	26/01/14	Fareham Nomads January Open Meet 2014	Waterlooville	SE4203	3
100 Breaststroke	1:25.67	1:27.10	385	13/12/14	NASLS 2014 Round Three	Aldershot	LR14710	3
200 Breaststroke	3:11.75	3:14.50	345	16/10/14	Fareham Nomads Club Championships	Fareham	SE14319	4
50 Butterfly	38.16	38.70	260	13/10/14	Fareham Nomads Club Championships	Fareham	SE14318	4
100 Butterfly	1:24.14	1:25.00	265	26/09/15	Fareham Nomads Club Championships	Fareham	SE151586	4
200 Butterfly	3:05.20	3:06.90	269	03/10/14	Fareham Nomads Club Championships	Fareham	SE14315	4
50 Backstroke	39.29	39.80	265	13/04/14	Salisbury Stingrays Spring Open Meet 2014	Salisbury	SW4441	3
100 Backstroke	1:21.47	1:22.50	305	03/10/14	Fareham Nomads Club Championships	Fareham	SE14315	4
200 Backstroke	2:54.87	2:56.80	314	13/10/14	Fareham Nomads Club Championships	Fareham	SE14318	4
200 Individual Medley	2:45.11	2:47.50	402	14/06/15	Swim Out of Your Skin Open Meet	Waterlooville	SE151195	3
400 Individual Medley	6:01.09	6:05.90	368	12/10/14	Fareham Nomads Club Championships	West Hill	SE14317	4
100 Individual Medley	1:21.56	1:21.60	332	03/10/14	Fareham Nomads Club Championships	Fareham	SE14315	4