

# Individual Best Times (All Time)

Rebecca Matthews - (286194) - Swindon Dolphin ASC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.20	30.50	433	07/02/15	Aquae Sulis Spring Grand Prix	Bristol	SW150009	1
100 Freestyle	1:06.21	1:04.90	476	10/01/15	United Bristol New Year Open Meet	Hengrove	SW150024	1
200 Freestyle	2:23.94	2:21.50	481	12/01/14	Portsmouth Northsea New Year Open Meet	Portsmouth	SE4084	1
400 Freestyle	5:15.79	5:11.30	414	12/01/13	Portsmouth Northsea SC Level 1 Open Meet	Portsmouth	SE3143	1
800 Freestyle	10:25.28	10:16.00	466	01/02/14	Wiltshire County Championships	Bath	CC4097	1
50 Butterfly	34.12	33.60	367	08/02/15	Aquae Sulis Spring Grand Prix	Bristol	SW150009	1
100 Butterfly	1:15.11	1:14.10	403	11/04/15	City of Bristol Level 1 April Meet	Bristol	SW150403	1
200 Butterfly	2:52.12	2:50.30	354	10/01/15	United Bristol New Year Open Meet	Hengrove	SW150024	1
100 Backstroke	1:15.34	1:14.30	440	11/01/14	Portsmouth Northsea New Year Open Meet	Portsmouth	SE4084	1
200 Backstroke	2:37.39	2:35.30	478	05/04/14	Derwentio Excel 8th LC Open Meet	Sheffield	EM4029	1
200 Individual Medley	2:39.49	2:37.00	494	10/01/15	United Bristol New Year Open Meet	Hengrove	SW150024	1
400 Individual Medley	5:41.36	5:36.20	472	11/01/15	United Bristol New Year Open Meet	Hengrove	SW150024	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.52	31.20	424	18/12/16	City of Bristol Christmas Cracker	Bristol	SW162171	3
100 Freestyle	1:05.26	1:06.50	456	26/01/14	Swindon Dolphin Last Chance Meet	Swindon	SW4080	3
200 Freestyle	2:21.36	2:23.80	475	26/07/14	Swindon Dolphin End of Season Meet	Swindon	SW4175	3
400 Freestyle	4:54.75	4:59.50	483	27/07/14	Swindon Dolphin End of Season Meet	Swindon	SW4175	3
800 Freestyle	10:54.06	11:02.90	388	18/09/11	Swindon Dolphins Club Championships	Swindon	SW1475	4
50 Breaststroke	43.44	44.20	278	07/07/13	ASA South West Region Events Age Groups	Gloucester	SW3207	3
50 Butterfly	32.86	33.40	408	26/07/14	Swindon Dolphin End of Season Meet	Swindon	SW4175	3
100 Butterfly	1:11.89	1:12.90	424	01/03/14	Wiltshire ASA Age Group Championships	Swindon	CC4098	2
200 Butterfly	2:40.62	2:42.60	412	08/03/14	Wiltshire ASA Age Group Championships	Swindon	CC4099	2
50 Backstroke	34.26	34.80	400	18/12/16	City of Bristol Christmas Cracker	Bristol	SW162171	3
100 Backstroke	1:12.23	1:13.30	438	26/07/14	Swindon Dolphin End of Season Meet	Swindon	SW4175	3
200 Backstroke	2:33.26	2:35.40	467	26/07/15	Swindon Dolphin End of Season Meet	Swindon	SW150591	3
200 Individual Medley	2:37.22	2:39.70	465	26/07/15	Swindon Dolphin End of Season Meet	Swindon	SW150591	3
400 Individual Medley	5:29.03	5:34.30	487	01/03/14	Wiltshire ASA Age Group Championships	Swindon	CC4098	2
100 Individual Medley	1:16.39	1:16.40	404	15/10/16	Swim Bournemouth Autumn L2 Open Meet	Bournemouth	SW160343	2