

# Individual Best Times (All Time)

Matthew Griffiths - (385498) - Northgate Bridgnorth SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
100 Freestyle	1:01.75	1:00.40	437	15/12/12	Northampton SC Winter Festival Open Meet	Corby	EM2644	1
400 Freestyle	4:40.27	4:35.20	484	04/05/13	Midland Youth Championships	Corby	WMR315	1
200 Individual Medley	2:44.22	2:41.80	334	17/12/11	Northampton Winter Festival Open Meet	Corby	EM1466	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.25	27.00	452	21/09/14	Northgate SC Bridgnorth Annual Championships	Much Wenlock	WM14296	4
100 Freestyle	57.06	58.50	485	21/09/14	Northgate SC Bridgnorth Annual Championships	Bridgnorth	WM14295	4
200 Freestyle	2:03.25	2:06.00	524	27/09/14	Northgate SC Bridgnorth Annual Championships	Much Wenlock	WM14299	4
400 Freestyle	4:18.94	4:24.30	550	20/09/14	Northgate SC Bridgnorth Annual Championships	Much Wenlock	WM14294	4
1500 Freestyle	17:19.78	17:39.40	540	25/09/14	Northgate SC Bridgnorth Annual Championships	Much Wenlock	WM14298	4
50 Breaststroke	38.06	38.90	281	08/07/13	Shropshire County Sprints	Shrewsbury	WM3444	3
100 Breaststroke	1:16.18	1:17.80	382	20/09/14	Northgate SC Bridgnorth Annual Championships	Much Wenlock	WM14294	4
200 Breaststroke	2:52.83	2:55.90	336	29/09/13	Northgate SC Club Championships	Bridgnorth	WM3617	4
50 Butterfly	28.95	29.60	424	28/09/14	Northgate SC Bridgnorth Annual Championships	Much Wenlock	WM14301	4
100 Butterfly	1:05.70	1:06.80	384	28/09/14	Northgate SC Bridgnorth Annual Championships	Much Wenlock	WM14301	4
200 Butterfly	3:20.15	3:21.70	152	27/02/11	Shropshire County Age Groups	Market Drayton	CC1001	2
50 Backstroke	33.58	34.20	285	08/07/13	Shropshire County Sprints	Shrewsbury	WM3444	3
100 Backstroke	1:08.57	1:09.70	350	27/09/14	Northgate SC Bridgnorth Annual Championships	Much Wenlock	WM14299	4
200 Backstroke	2:21.39	2:23.70	416	21/09/14	Northgate SC Bridgnorth Annual Championships	Much Wenlock	WM14296	4
200 Individual Medley	2:25.31	2:28.00	429	21/09/14	Northgate SC Bridgnorth Annual Championships	Bridgnorth	WM14295	4
400 Individual Medley	4:57.50	5:03.30	491	23/09/14	Northgate SC Bridgnorth Annual Championships	Much Wenlock	WM14297	4
100 Individual Medley	1:06.44	1:06.40	408	27/09/14	Northgate SC Bridgnorth Annual Championships	Much Wenlock	WM14300	4