

Individual Best Times (All Time)

Matthew Bentley - (412398) - Hatfield SC

Long Course

| Stroke | LC Time | Converted to SC | LC WA Pts | Date | Meet | Venue | Licence | Level |
|-----------------------|----------|-----------------|-----------|----------|--|-----------|----------|-------|
| 50 Freestyle | 27.52 | 26.80 | 438 | 26/03/16 | Basildon & Phoenix Easter LC Meet 2016 | Basildon | ER160006 | 1 |
| 100 Freestyle | 1:00.74 | 59.30 | 459 | 27/03/16 | Basildon & Phoenix Easter LC Meet 2016 | Basildon | ER160006 | 1 |
| 200 Freestyle | 2:16.71 | 2:14.10 | 415 | 16/05/15 | Rotherham Metro Level One Long Course Meet | Sheffield | NE150169 | 1 |
| 1500 Freestyle | 22:15.21 | 21:59.60 | 277 | 16/11/12 | Welsh Capital Open Meet 2012 | Cardiff | WAL462 | 1 |
| 50 Butterfly | 28.09 | 27.40 | 498 | 02/05/16 | ASA East Region Long Course Championships | Norwich | ER160820 | 1 |
| 100 Butterfly | 1:06.68 | 1:05.50 | 407 | 12/04/15 | Team Luton April Long Course Meet | Luton | ER150341 | 1 |
| 50 Backstroke | 30.99 | 30.30 | 438 | 16/04/16 | Team Luton April Long Course Meet | Luton | ER160181 | 1 |
| 100 Backstroke | 1:06.29 | 1:05.10 | 471 | 02/05/16 | ASA East Region Long Course Championships | Norwich | ER160820 | 1 |
| 200 Backstroke | 2:31.15 | 2:28.90 | 405 | 07/02/15 | Derwentio Excel February Festival | Sheffield | EM150033 | 1 |
| 200 Individual Medley | 2:32.64 | 2:30.00 | 416 | 08/02/15 | Derwentio Excel February Festival | Sheffield | EM150033 | 1 |

Short Course

| Stroke | SC Time | Converted to LC | SC WA Pts | Date | Meet | Venue | License | Level |
|-----------------------|---------|-----------------|-----------|----------|--|-------------|----------|-------|
| 50 Freestyle | 26.14 | 26.90 | 458 | 13/12/15 | Team Luton Winter Development Meet | Luton | ER150707 | 3 |
| 100 Freestyle | 59.03 | 1:00.40 | 438 | 04/10/15 | Hatfield Club Championships 2015 | Hatfield | ER151701 | 4 |
| 200 Freestyle | 2:11.19 | 2:13.80 | 434 | 16/11/14 | Team Luton Autumn Short Course Meet | Luton | ER14436 | 2 |
| 400 Freestyle | 5:10.25 | 5:14.70 | 320 | 24/03/13 | Hertfordshire County Championships | Borehamwood | CC3089 | 2 |
| 50 Breaststroke | 40.53 | 41.30 | 233 | 20/09/15 | Hatfield Club Championships 2015 | Hatfield | ER151699 | 4 |
| 100 Breaststroke | 2:11.73 | 2:12.70 | 73 | 18/09/10 | Biggleswade Club Champs | Biggleswade | ER0719 | 4 |
| 200 Breaststroke | 3:52.30 | 3:54.60 | 138 | 26/11/11 | Hatfield UKC Winter Wonderland Meet 2011 | Hatfield | ER1681 | 3 |
| 50 Butterfly | 28.06 | 28.70 | 465 | 13/12/15 | Team Luton Winter Development Meet | Luton | ER150707 | 3 |
| 100 Butterfly | 1:04.72 | 1:05.90 | 402 | 13/12/15 | Team Luton Winter Development Meet | Luton | ER150707 | 3 |
| 200 Butterfly | 2:49.56 | 2:51.40 | 250 | 18/01/14 | Biggleswade SC 15th Open Meet | Biggleswade | ER4051 | 3 |
| 50 Backstroke | 29.68 | 30.30 | 413 | 13/12/15 | Team Luton Winter Development Meet | Luton | ER150707 | 3 |
| 100 Backstroke | 1:05.10 | 1:06.30 | 409 | 13/12/15 | Team Luton Winter Development Meet | Luton | ER150707 | 3 |
| 200 Backstroke | 2:29.26 | 2:31.50 | 354 | 08/03/14 | Hertfordshire ASA County Championships | Borehamwood | CC4080 | 2 |
| 200 Individual Medley | 2:29.56 | 2:32.20 | 393 | 16/11/14 | Team Luton Autumn Short Course Meet | Luton | ER14436 | 2 |
| 400 Individual Medley | 6:49.47 | 6:53.80 | 188 | 17/09/11 | Biggleswade SC Club Championships | Biggleswade | ER1424 | 4 |
| 100 Individual Medley | 1:24.04 | 1:24.00 | 201 | 01/07/12 | WSC Alternative Nationals | Watford | ER2396 | 3 |