

# Individual Best Times (All Time)

Matthew Williams - (421880) - Hoddesdon SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	24.39	23.50	630	01/05/16	ASA SWR Summer Championships	Plymouth	SW160535	1
100 Freestyle	51.98	50.40	732	04/08/17	Swim England National Summer Meet (50m)	Sheffield	ENG001	1
200 Freestyle	1:58.98	1:56.00	630	26/03/17	City of Sheffield Premier Meet	Sheffield	NE170248	1
400 Freestyle	4:20.05	4:14.60	606	05/05/12	ASA East Region Youth Championships	Basildon	ERX203	1
800 Freestyle	9:46.16	9:36.20	458	06/06/09	East Region BAGCATS	UEA Norwich	ERX913	1
1500 Freestyle	18:04.24	17:45.10	518	09/03/13	Hertfordshire County Championships	Luton	CC3087	1
50 Butterfly	26.43	25.70	598	30/04/16	ASA SWR Summer Championships	Plymouth	SW160535	1
100 Butterfly	59.12	57.80	585	29/05/16	Plymouth Leander Level 1 National Qualifier 2016	Plymouth	SW160104	1
200 Butterfly	2:35.18	2:33.10	359	14/06/09	East Region Age Groups	Norwich	ERX914	1
100 Backstroke	1:07.09	1:05.90	454	08/12/13	ASA East Regionals Winter Championships	Norwich	ERX328	1
200 Individual Medley	2:21.77	2:19.00	519	18/11/12	Team Luton Inaugural Long Course Meet	Luton	ER2464	1
400 Individual Medley	5:05.85	5:00.10	498	26/01/13	ASA Central Region Zonal Competition	Corby	ZM3165	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	24.34	25.20	568	22/10/16	Manchester International 2016	Manchester	NW161951	2
100 Freestyle	51.50	53.10	660	19/11/16	Plymouth Leander Winter Qualifier Open 2016	Plymouth	SW160994	2
200 Freestyle	1:53.72	1:56.70	667	20/11/16	Plymouth Leander Winter Qualifier Open 2016	Plymouth	SW160994	2
400 Freestyle	4:11.05	4:16.60	604	13/05/12	Hatfield SC UK Challenge	Hatfield	ER2331	2
800 Freestyle	10:17.52	10:26.80	370	01/03/08	Hertfordshire Champs	Borehamwood	CC8008	2
1500 Freestyle	16:56.00	17:16.10	579	11/03/12	Hertfordshire County Championships	Hatfield	CC2103	2
50 Breaststroke	32.83	33.80	438	24/11/13	Watford Middle Distance & 50m Sprint Open	Watford	ER3898	3
100 Breaststroke	1:10.91	1:12.70	473	25/06/13	Watford SC Club Championships Sprints	Watford	ER3539	4
200 Breaststroke	2:37.75	2:41.10	441	05/10/13	Watford SC Club Champs Middle Distance	Watford	ER3900	4
50 Butterfly	26.78	27.50	535	15/11/15	BUCS Short Course Championships	Sheffield	NE151867	2
100 Butterfly	58.81	1:00.10	536	08/03/14	Hertfordshire ASA County Championships	Borehamwood	CC4080	2
200 Butterfly	2:16.36	2:18.70	481	23/03/13	Hertfordshire County Championships	Borehamwood	CC3089	2
50 Backstroke	29.22	29.90	433	24/11/13	Watford Middle Distance & 50m Sprint Open	Watford	ER3898	3
100 Backstroke	1:01.63	1:02.90	482	23/06/13	Watford SC Club Championships Sprints	Watford	ER3539	4
200 Backstroke	2:16.36	2:18.80	464	01/07/12	WSC Alternative Nationals	Watford	ER2396	3
200 Individual Medley	2:14.05	2:17.00	547	29/06/13	Watford SC Alternative Nationals Open Meet	Watford	ER3389	3
400 Individual Medley	4:43.53	4:49.60	568	10/10/12	Watford SC Club Championships 2012	Watford	ER2566	4
100 Individual Medley	59.18	59.20	577	19/11/16	Plymouth Leander Winter Qualifier Open 2016	Plymouth	SW160994	2