

# Individual Best Times (All Time)

## Matthew Poole - (446413) - Pembrokeshire County Swimming

### Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.40	30.70	295	22/03/14	Tiger Bay Open Meet 2014	Cardiff	WAL555	3
100 Freestyle	1:10.34	1:09.10	295	24/03/13	City of Cardiff SC Tiger Bay Open Meet	Cardiff	WAL481	3
200 Freestyle	2:35.92	2:33.70	279	22/03/14	Tiger Bay Open Meet 2014	Cardiff	WAL555	3
50 Breaststroke	43.22	42.50	216	13/07/13	Cardiff Bay Sprint Meet	Cardiff	WAL510	4
100 Breaststroke	1:35.03	1:33.70	214	06/07/13	Gemau Cymru 2013	Cardiff	WAL509	3
200 Breaststroke	3:23.90	3:21.30	233	12/01/13	British Gas Swim Wales New Year Meet	Swansea	WAL469	1
50 Butterfly	40.25	39.80	169	13/07/13	Cardiff Bay Sprint Meet	Cardiff	WAL510	4
50 Backstroke	38.02	37.50	237	13/07/13	Cardiff Bay Sprint Meet	Cardiff	WAL510	4
100 Backstroke	1:23.95	1:23.00	232	06/07/13	Gemau Cymru 2013	Cardiff	WAL509	3
200 Backstroke	2:53.10	2:51.20	270	11/01/13	British Gas Swim Wales New Year Meet	Swansea	WAL469	1
200 Individual Medley	3:02.95	3:00.80	241	13/07/13	Cardiff Bay Sprint Meet	Cardiff	WAL510	4

### Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.27	31.00	295	12/10/19	Pembrokeshire County Swimming Championships 2019	Haverfordwest	WL192610	3
100 Freestyle	1:07.41	1:08.60	294	13/10/19	Pembrokeshire County Swimming Championships 2019	Haverfordwest	WL192610	3
200 Freestyle	2:27.90	2:30.20	303	02/02/14	West Wales Regional Championships	Haverfordwest	WAL546	2
50 Breaststroke	41.32	42.10	220	18/01/14	Celtic Dolphins Junior Development (sprint)	Neath	WAL543	3
100 Breaststroke	1:29.75	1:31.10	233	01/03/14	Llanelli Open Meet 2014	Llanelli	WAL552	2
200 Breaststroke	3:19.15	3:21.80	219	29/09/13	Pembrokeshire County Championships	Haverfordwest	SCO761	4
50 Butterfly	37.24	37.70	199	18/01/14	Celtic Dolphins Junior Development (sprint)	Neath	WAL543	3
100 Butterfly	1:35.31	1:36.10	125	02/06/13	Amman Valley Open Meet 2013	Llanelli	WAL499	2
50 Backstroke	36.61	37.20	220	18/01/14	Celtic Dolphins Junior Development (sprint)	Neath	WAL543	3
100 Backstroke	1:17.62	1:18.60	241	08/02/14	West Wales Regional Championships	Haverfordwest	WAL547	2
200 Backstroke	2:43.58	2:45.60	269	02/02/14	West Wales Regional Championships	Haverfordwest	WAL546	2
200 Individual Medley	2:50.37	2:52.70	266	01/03/14	Llanelli Open Meet 2014	Llanelli	WAL552	2
100 Individual Medley	1:38.12	1:38.10	126	11/06/11	Amman Valley Open Meet	Llanelli	WAL366	4