

Individual Best Times (All Time)

Matthew Reynolds - (450127) - Stowmarket SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.12	28.40	370	31/07/11	Welsh Summer Nationals	Swansea	WAL375	1
200 Freestyle	2:23.66	2:21.20	357	02/08/11	Welsh Summer Nationals	Swansea	WAL375	1
50 Backstroke	34.53	33.90	317	02/08/11	Welsh Summer Nationals	Swansea	WAL375	1
100 Backstroke	1:15.47	1:14.40	319	31/07/11	Welsh Summer Nationals	Swansea	WAL375	1
200 Backstroke	2:42.17	2:40.10	328	04/08/11	Welsh Summer Nationals	Swansea	WAL375	1
200 Individual Medley	2:45.03	2:42.60	329	31/07/11	Welsh Summer Nationals	Swansea	WAL375	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.73	28.50	384	01/12/13	Newmarket & District 3rd Sprint Open Meet	Newmarket	ER3270	3
100 Freestyle	59.99	1:01.40	417	01/12/13	Newmarket & District 3rd Sprint Open Meet	Newmarket	ER3270	3
200 Freestyle	2:16.19	2:18.70	388	06/03/11	Suffolk County Championships	Ipswich	CC1033	2
400 Freestyle	5:01.82	5:06.40	347	09/10/09	Stowmarket Club Champs	Mid Suffolk Leisure	ER9605	4
50 Breaststroke	40.36	41.10	236	21/06/10	Suffolk County Development	Ipswich	ER0343	3
100 Breaststroke	1:25.64	1:27.10	268	21/06/10	Suffolk County Development	Ipswich	ER0343	3
200 Breaststroke	3:14.21	3:16.90	236	10/10/09	Stowmarket Club Champs	Mid Suffolk Leisure	ER9605	4
50 Butterfly	31.87	32.50	317	01/12/13	Newmarket & District 3rd Sprint Open Meet	Newmarket	ER3270	3
100 Butterfly	1:10.95	1:12.00	305	09/07/14	Newmarket & District SC Club Championships	Newmarket	ER4676	4
50 Backstroke	32.26	32.90	321	05/03/11	Suffolk County Championships	Ipswich	CC1033	2
100 Backstroke	1:09.79	1:10.90	332	24/10/10	Sudbury Green Shoots Open	Sudbury	ER0734	4
200 Backstroke	2:31.48	2:33.70	339	13/03/11	Suffolk County Championships	Ipswich	CC1034	2
200 Individual Medley	2:38.45	2:40.90	331	24/10/10	Sudbury Green Shoots Open	Sudbury	ER0734	4
400 Individual Medley	5:46.78	5:51.80	310	13/03/10	Suffolk County Champs	Ipswich	CC0051	2
100 Individual Medley	1:12.14	1:12.10	318	01/12/13	Newmarket & District 3rd Sprint Open Meet	Newmarket	ER3270	3