

Individual Best Times (All Time)

Matthew Redfern - (459070) - Worcester SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	25.25	24.40	567	06/04/24	Speedo Aquatics GB Swimming Championships 2024	London	BSW026	1
100 Freestyle	55.99	54.50	586	04/04/24	Speedo Aquatics GB Swimming Championships 2024	London	BSW026	1
400 Freestyle	4:41.99	4:37.00	475	26/04/16	British Para-Swimming Championships	Glasgow	DIS109	1
100 Breaststroke	1:12.66	1:10.90	479	02/04/24	Speedo Aquatics GB Swimming Championships 2024	London	BSW026	1
50 Butterfly	27.71	27.00	519	14/05/23	Para Swimming World Series 2023 Berlin	Berlin	DIS135	1
100 Butterfly	1:03.54	1:02.30	471	01/12/23	Rotterdam Qualification Meet 2023	Rotterdam	GBR2193	1
50 Backstroke	30.44	29.80	463	24/03/19	UoB & Bristol Henleaze National Qualifier Open	Hengrove	SW190355	1
100 Backstroke	1:05.79	1:04.60	482	02/06/18	British Para-Swimming International	Sheffield	DIS118	1
200 Backstroke	2:25.32	2:23.00	456	04/05/19	West Midlands LC Championships 2019	Coventry	WM190356	1
200 Individual Medley	2:23.94	2:21.20	496	25/04/19	British Para-Swimming International	Glasgow	DIS122	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	25.77	26.60	478	25/11/23	Worcester SC Club Championships 2023	Worcester	WM231491	4
100 Freestyle	57.07	58.50	485	21/10/23	Worcester SC Club Championships 2023	Worcester	WM231489	4
200 Freestyle	2:04.22	2:07.00	511	26/11/23	Worcester SC Club Championships 2023	Worcester	WM231491	4
400 Freestyle	4:33.98	4:39.10	464	10/11/23	Worcester SC Club Championships 2023	Worcester	WM231490	4
50 Breaststroke	33.01	33.90	431	21/10/23	Worcester SC Club Championships 2023	Worcester	WM231489	4
100 Breaststroke	1:13.16	1:14.90	431	05/11/16	Midland Short Course Championships 2016	Nottingham	EM162223	2
200 Breaststroke	2:37.77	2:41.10	441	13/11/16	Worcester Age Group Championships 2016	Worcester	WM161740	4
50 Butterfly	27.53	28.20	493	26/11/22	British Para Winter National Meet 2022	Glasgow	DIS133	2
100 Butterfly	1:01.68	1:02.90	464	27/11/22	British Para Winter National Meet 2022	Glasgow	DIS133	2
200 Butterfly	2:19.40	2:21.60	450	13/10/23	Worcester SC Club Championships 2023	Worcester	WM231488	4
50 Backstroke	29.92	30.60	403	27/01/19	Worcester County Age Group Championships	Worcester	WM190094	2
100 Backstroke	1:04.18	1:05.40	427	15/10/16	Worcester 20th Open Meet	Worcester	WM161558	3
200 Backstroke	2:17.36	2:19.80	454	27/01/19	Worcester County Age Group Championships	Worcester	WM190094	2
200 Individual Medley	2:20.37	2:23.10	476	10/12/23	Worcester SC Club Championships 2023	Worcester	WM231492	4
400 Individual Medley	5:04.67	5:10.40	457	23/11/18	Worcester Age Group Championships 2018	Worcester	WM182041	4
100 Individual Medley	1:03.71	1:03.70	462	12/11/23	Worcester SC Club Championships 2023	Worcester	WM231490	4