

Individual Best Times (All Time)

Matthew Holland - (478509) - Wolverhampton SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	24.93	24.10	590	05/05/24	SE West Midland Summer Championships 2024	Birmingham	WM240648	1
100 Freestyle	54.49	52.90	635	12/01/20	City of Derby Eighteenth LC L1 Open Meet 2020	Sheffield	EM200101	1
200 Freestyle	2:02.42	1:59.60	578	07/02/16	Derventio Excel February Festival 2016	Sheffield	EM160047	1
400 Freestyle	4:22.89	4:17.50	586	21/06/15	Torfaen Dolphins Non National Qualifier 2015	Bristol	SW150881	3
1500 Freestyle	18:02.13	17:42.90	521	11/05/14	East & West Midlands Distance Freestyle Events	Loughborough	EMR410	1
50 Breaststroke	33.21	32.30	477	01/05/16	West Midlands ASA Championships	Coventry	WM160481	1
100 Breaststroke	1:12.85	1:11.10	475	02/05/16	West Midlands ASA Championships	Coventry	WM160481	1
200 Breaststroke	2:36.23	2:32.80	518	01/05/16	West Midlands ASA Championships	Coventry	WM160481	1
50 Butterfly	25.71	25.00	649	12/01/20	City of Derby Eighteenth LC L1 Open Meet 2020	Sheffield	EM200101	1
100 Butterfly	56.42	55.10	673	05/05/24	SE West Midland Summer Championships 2024	Birmingham	WM240648	1
200 Butterfly	2:06.29	2:03.80	666	12/01/20	City of Derby Eighteenth LC L1 Open Meet 2020	Sheffield	EM200101	1
50 Backstroke	30.53	29.90	458	02/05/15	Midland Swimming Spring Championships 2015	Corby	EM150799	1
100 Backstroke	1:05.60	1:04.40	486	03/05/15	Midland Swimming Spring Championships 2015	Corby	EM150799	1
200 Backstroke	2:22.36	2:20.00	485	02/05/15	Midland Swimming Spring Championships 2015	Corby	EM150799	1
200 Individual Medley	2:12.94	2:09.90	630	11/01/20	City of Derby Eighteenth LC L1 Open Meet 2020	Sheffield	EM200101	1
400 Individual Medley	4:44.73	4:38.50	617	06/05/24	SE West Midland Summer Championships 2024	Birmingham	WM240648	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	24.31	25.10	570	01/02/20	Staffordshire ASA County Swimming	Stafford	WM200199	2
100 Freestyle	53.76	55.30	580	03/11/19	Midlands Winter Short Course Championships 2019	Nottingham	EM193013	2
200 Freestyle	1:59.11	2:02.00	580	19/11/17	Wolverhampton November Open Meet	Wolverhampton	WM171951	3
400 Freestyle	4:17.71	4:23.10	558	17/07/15	Wolverhampton Level 3 Sprint Meet	Wolverhampton	WM151289	3
800 Freestyle	8:53.34	9:04.10	574	20/10/19	Roebuck Distance Level 3 Open Meet	Stafford	WM192314	3
1500 Freestyle	17:17.19	17:36.90	544	20/02/16	Staffordshire ASA County Championships 2016	Stafford	WM160061	3
50 Breaststroke	31.50	32.50	496	13/02/16	Staffordshire County Championships 2016	Stafford	WM160062	2
100 Breaststroke	1:08.96	1:10.80	515	05/11/16	Midland Short Course Championships 2016	Nottingham	EM162223	2
200 Breaststroke	2:28.44	2:31.90	530	05/11/16	Midland Short Course Championships 2016	Nottingham	EM162223	2
50 Butterfly	25.39	26.10	628	15/02/20	Staffordshire ASA County Swimming	Stafford	WM200201	2
100 Butterfly	56.18	57.50	615	05/11/23	SE West Midlands Winter Championships 2023	Sandwell	WM232038	2
200 Butterfly	2:03.20	2:05.70	652	07/12/19	Swim England National Winter Championships (25m)	Sheffield	ENG017	2
50 Backstroke	28.67	29.40	458	07/11/15	Midland 2015 Short Course Championships	Nottingham	EM151953	2
100 Backstroke	1:01.84	1:03.10	477	27/02/16	Staffordshire County Championships 2016	Stafford	WM160063	2
200 Backstroke	2:13.34	2:15.80	497	11/04/15	Gloucester City Level 2 April Open Meet	Gloucester	SW150202	2
200 Individual Medley	2:09.08	2:12.10	612	22/02/20	Staffordshire ASA County Swimming	Stafford	WM200202	2
400 Individual Medley	4:35.95	4:42.20	616	05/11/16	Midland Short Course Championships 2016	Nottingham	EM162223	2
100 Individual Medley	59.23	59.20	575	05/11/23	SE West Midlands Winter Championships 2023	Sandwell	WM232038	2