

# Individual Best Times (All Time)

Matthew Ramsey - (520885) - Swansea University SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	24.57	23.70	616	25/03/17	MCASA Open Meet	London	LR170009	1
100 Freestyle	54.48	52.90	636	25/03/17	MCASA Open Meet	London	LR170009	1
200 Freestyle	2:04.39	2:01.60	551	31/01/15	London Swimming South Region Zonal Meet 2015	London Aquatic Cent	LR150017	1
400 Freestyle	5:31.10	5:26.80	293	12/06/10	South East Region Champs	Crawley	SER023	1
100 Backstroke	1:29.37	1:28.50	192	22/05/10	Bracknell & Wokingham Meet	Aldershot	SE0061	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	23.48	24.30	632	10/11/18	BUCS Short Course Swimming Championships 2018	Sheffield	NE182328	2
100 Freestyle	52.68	54.20	616	11/11/18	BUCS Short Course Swimming Championships 2018	Sheffield	NE182328	2
200 Freestyle	1:58.30	2:01.20	592	21/12/14	Hillingdon Winter Open Meet 2014	Hillingdon	LR14450	2
400 Freestyle	4:21.13	4:26.40	536	12/10/14	Staines Club Championships	Englefield	SE14370	4
50 Breaststroke	32.73	33.70	442	20/12/15	Hillingdon SC Winter Short Course Open Meet 2015	Uxbridge	LR152215	2
100 Breaststroke	1:15.44	1:17.10	393	20/09/15	Staines Club Championships 2015	Spelthorne	SE151740	4
200 Breaststroke	3:12.06	3:14.80	244	20/01/13	Staines Club Championships	Staines	SE3017	4
50 Butterfly	28.74	29.40	433	19/09/15	Staines Club Championships 2015	Knowle Green	SE151739	4
100 Butterfly	1:05.56	1:06.70	387	09/11/14	Staines Club Championships	Staines	SE14371	4
50 Backstroke	29.55	30.20	418	06/02/16	MCASA County Championships 2016	Barnet	LR160281	2
100 Backstroke	1:03.14	1:04.40	448	21/12/14	Hillingdon Winter Open Meet 2014	Hillingdon	LR14450	2
200 Backstroke	2:40.56	2:42.60	284	20/01/13	Staines Club Championships	Staines	SE3017	4
200 Individual Medley	2:22.53	2:25.30	455	18/10/15	Staines Club Championships 2015	Spelthorne	SE151742	4
400 Individual Medley	5:09.02	5:14.70	438	05/10/14	Staines Club Championships	Staines	SE14369	4
100 Individual Medley	1:04.35	1:04.30	449	19/01/15	Middlesex County Championships 2015	Hendon	CC150222	2