

Individual Best Times (All Time)

Matthew Grout - (53355) - South Croydon SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.10	26.30	459	13/03/10	Surrey County Champs	Crystal Palace	CC0084	1
100 Freestyle	1:03.84	1:02.50	395	06/10/07	Crawley Early Bird Meet	Crawley	SE7241	1
50 Butterfly	32.07	31.50	334	06/03/11	Surrey County Championships	Crystal Palace	CC1038	1
50 Backstroke	33.40	32.80	350	13/03/10	Surrey County Champs	Crystal Palace	CC0084	1
100 Backstroke	1:14.79	1:13.70	328	04/08/10	BG Wales Summer Nationals	Swansea	WAL311	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	25.92	26.70	470	29/11/09	Haslemere Elite SC Meet	Haslemere	SE9190	2
100 Freestyle	57.58	59.00	472	28/11/09	Haslemere Elite SC Meet	Haslemere	SE9190	2
200 Freestyle	2:29.30	2:31.60	294	15/04/07	Orpington Oyays Open	Gillingham	LR7052	2
50 Breaststroke	39.19	40.00	258	03/10/10	Cranleigh October Open Meet	Cranleigh	SE0716	3
100 Breaststroke	1:26.89	1:28.30	257	21/06/08	Croydon Borough Champs	Croydon	LR8213	4
50 Butterfly	29.90	30.50	384	19/09/09	Ken Deeley Sprint Meet	Brighton	SE9447	3
100 Butterfly	1:17.54	1:18.50	233	02/12/06	Guildford Winter Open	Guildford	SE6109	1
50 Backstroke	30.99	31.60	363	04/10/09	Cranleigh Open Meet	Horsham	SE9578	3
100 Backstroke	1:08.63	1:09.80	349	22/09/12	South Croydon SC Club Championships	South Croydon	LR2441	4
100 Individual Medley	1:12.40	1:12.40	315	26/05/07	Guildford City Open Meet	Guildford	SE7138	1