

# Individual Best Times (All Time)

Matthew Rishworth - (556418) - Staines Swimming Club

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	33.23	32.60	249	07/08/15	ASA Summer Nationals 2015	Sheffield	ASA142	1
100 Freestyle	1:15.11	1:14.00	242	31/05/15	ASASER Swimming Championships	Crawley	SE150986	1
400 Freestyle	5:00.89	4:56.20	391	30/04/17	British Para Swimming International 2017	Sheffield	BSW003	1
50 Breaststroke	44.26	43.50	201	04/08/14	Swim Wales Summer Nationals 2014	Swansea	WAL585	1
100 Breaststroke	1:23.14	1:21.60	320	27/04/17	British Para Swimming International 2017	Sheffield	BSW003	1
100 Butterfly	1:13.29	1:12.20	307	29/04/17	British Para Swimming International 2017	Sheffield	BSW003	1
100 Backstroke	1:17.42	1:16.40	296	05/08/16	ASA Summer Nationals 2016	Sheffield	ASA149	1
200 Individual Medley	2:36.96	2:34.40	383	28/04/17	British Para Swimming International 2017	Sheffield	BSW003	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.30	31.00	294	26/02/17	Black Swan B-C Grade Meet 2017	Walton on Thames	SE170462	3
100 Freestyle	1:04.83	1:06.10	330	25/02/17	Black Swan B-C Grade Meet 2017	Walton on Thames	SE170462	3
200 Freestyle	2:51.45	2:53.50	194	14/07/13	Staines Black Swan Summer Meet	Elmbridge	SE3395	3
400 Freestyle	4:57.87	5:02.50	361	25/06/17	National Junior Para-Swimming 2017	Sunderland	DIS114	2
1500 Freestyle	23:20.43	23:35.10	221	15/12/13	Staines SC Club Championships	Staines	SE3673	4
50 Breaststroke	42.98	43.70	195	10/01/15	Black Swan County Qualifier Meet	Walton-on-Thames	SE150251	3
100 Breaststroke	1:20.40	1:22.00	325	24/06/17	National Junior Para-Swimming 2017	Sunderland	DIS114	2
200 Breaststroke	2:51.85	2:54.90	341	25/02/17	Black Swan B-C Grade Meet 2017	Walton on Thames	SE170462	3
50 Butterfly	35.22	35.80	235	13/03/16	ASA SWR SER Para Competition	Bristol	SW160538	3
100 Butterfly	1:13.45	1:14.50	275	25/06/17	National Junior Para-Swimming 2017	Sunderland	DIS114	2
50 Backstroke	41.72	42.20	148	01/11/14	Elmbridge Phoenix Gala	Walton on Thames	SE14476	3
100 Backstroke	1:17.85	1:18.90	239	12/03/17	ASA SWR Para Championships	Bristol	SW170602	3
200 Backstroke	2:38.57	2:40.70	295	26/02/17	Black Swan B-C Grade Meet 2017	Walton on Thames	SE170462	3
200 Individual Medley	2:36.34	2:38.80	344	24/06/17	National Junior Para-Swimming 2017	Sunderland	DIS114	2
400 Individual Medley	6:18.27	6:22.90	239	05/10/14	Staines Club Championships	Staines	SE14369	4
100 Individual Medley	1:17.39	1:17.40	258	13/03/16	ASA SWR SER Para Competition	Bristol	SW160538	3