

# Individual Best Times (All Time)

## Matthew Debenham - (805701) - Team Ipswich Swimming

### Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.23	26.50	452	05/05/19	Swim England East Region Long Course Champs	Inspire Luton	ER190178	1
100 Freestyle	58.79	57.40	506	08/08/21	British Swimming Festival of Swimming East Region	London Aquatic Centr	ER210171	1
200 Freestyle	2:13.86	2:11.20	442	03/03/18	UEA Norwich March Long Course Open Meet	Norwich	ER180025	3
1500 Freestyle	18:15.68	17:56.70	502	03/11/17	East Region Winter Championships	Norwich	ER170911	1
50 Breaststroke	32.34	31.40	516	13/03/22	Putteridge SC Spring LC National Qualifier 2022	Luton	ER220161	1
100 Breaststroke	1:12.59	1:10.80	481	30/04/22	SE East Region Long Course Championships 2022	Norwich	ER220677	1
200 Breaststroke	2:42.48	2:39.20	460	01/05/22	SE East Region Long Course Championships 2022	Norwich	ER220677	1
50 Butterfly	27.58	26.90	526	26/02/23	BUCS Long Course Swimming Championships 2023	Sheffield	NE230349	1
100 Butterfly	1:07.43	1:06.30	394	16/12/23	Northampton SC Winter Festival 2023	Corby	EM232024	1
200 Butterfly	2:52.18	2:50.30	263	28/05/16	ASA East Region Long Course Championships	Luton	ER160821	1
100 Backstroke	1:11.88	1:10.80	369	03/03/18	UEA Norwich March Long Course Open Meet	Norwich	ER180025	3
200 Individual Medley	2:30.51	2:27.90	434	27/05/18	East Swimming Long Course Championships 2018	Luton	ER180214	1
400 Individual Medley	5:25.96	5:20.50	411	14/05/17	City of Sheffield No Frills Meet	Sheffield	NE170249	1

### Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	25.89	26.70	472	05/02/22	Swim England Suffolk County Championships 2022	Ipswich	ER220170	2
100 Freestyle	56.89	58.30	489	05/03/22	Teamipswich SC The Mighty March Meet 2022	Ipswich	ER220250	3
200 Freestyle	2:06.15	2:08.90	488	26/09/21	Teamipswich Club Championships 2021	Ipswich	ER210884	4
400 Freestyle	4:27.30	4:32.50	500	18/02/18	Suffolk County Championships 2018	Ipswich	ER180354	2
1500 Freestyle	17:27.87	17:47.40	527	23/06/19	Teamipswich Long Distance Invitational Meet 2019	Ipswich	ER191686	4
50 Breaststroke	31.92	32.90	477	05/11/23	SE EM Short Course Championships 2023	Nottingham	EM232280	2
100 Breaststroke	1:09.43	1:11.20	504	06/02/22	Swim England Suffolk County Championships 2022	Ipswich	ER220170	2
200 Breaststroke	2:34.91	2:38.30	466	05/03/22	Teamipswich SC The Mighty March Meet 2022	Ipswich	ER220250	3
50 Butterfly	27.52	28.20	493	02/07/23	Teamipswich SC July Surprize Open 2023	Ipswich	ER230919	3
100 Butterfly	1:03.44	1:04.60	427	09/12/23	National Arena Swimming League East Mids R3 2023	Grantham	EM232318	3
200 Butterfly	2:34.34	2:36.40	331	19/11/16	Teamipswich November Open 2016	Ipswich	ER161722	3
50 Backstroke	30.69	31.30	373	10/02/19	Suffolk County Championships 2019	Ipswich	ER190367	2
100 Backstroke	1:08.00	1:09.20	359	23/09/18	Teamipswich Club Championships 2018	Ipswich	ER181951	4
200 Backstroke	2:23.83	2:26.10	396	11/02/18	Suffolk County Championships 2018	Ipswich	ER180353	2
200 Individual Medley	2:20.87	2:23.60	471	06/02/22	Swim England Suffolk County Championships 2022	Ipswich	ER220170	2
400 Individual Medley	5:05.03	5:10.70	456	26/01/20	Suffolk ASA County Championships 2020	Ipswich	ER200344	2
100 Individual Medley	1:04.62	1:04.60	443	01/02/20	Suffolk ASA County Championships 2019	Ipswich	ER200346	2