

Individual Best Times (All Time)

Matthew Smith - (810621) - Denbighshire Development Team

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	35.55	35.00	203	05/10/14	Robin Hood Open Meet 2014	Sheffield	EM4455	1
100 Freestyle	1:27.32	1:26.40	154	22/06/13	City of Liverpool Summer Sprints	Liverpool	NW3386	3
50 Breaststroke	56.25	55.70	98	22/06/13	City of Liverpool Summer Sprints	Liverpool	NW3386	3
100 Breaststroke	1:56.10	1:55.00	117	22/06/13	City of Liverpool Summer Sprints	Liverpool	NW3386	3
50 Butterfly	48.95	48.60	94	22/06/13	City of Liverpool Summer Sprints	Liverpool	NW3386	3
100 Butterfly	1:45.31	1:44.60	103	22/06/14	City of Liverpool SC L3 Summer Sprint Meet	Liverpool	NW4453	3
50 Backstroke	41.86	41.40	178	22/06/14	City of Liverpool SC L3 Summer Sprint Meet	Liverpool	NW4453	3
100 Backstroke	1:28.69	1:27.80	196	05/10/14	Robin Hood Open Meet 2014	Sheffield	EM4455	1
200 Backstroke	3:06.67	3:04.90	215	04/10/14	Robin Hood Open Meet 2014	Sheffield	EM4455	1
200 Individual Medley	3:24.01	3:22.10	174	22/06/14	City of Liverpool SC L3 Summer Sprint Meet	Liverpool	NW4453	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	35.51	36.10	182	13/04/14	City of Bangor Diddy Meet	Bangor	WAL559	4
100 Freestyle	1:16.09	1:17.20	204	25/10/14	Geoff Drew Memorial Meet	Holywell	WAL603	4
200 Freestyle	2:55.88	2:57.80	180	04/02/14	Swim Wales North Region Championships	Llandudno	WAL549	2
400 Freestyle	6:10.65	6:14.40	187	08/12/13	BG Swim Wales North Sub Regional Champs	Llandudno	WAL536	4
50 Breaststroke	50.17	50.80	122	05/07/14	Holywell Summer Sprints 2014	Holywell	WAL580	4
100 Breaststroke	1:44.27	1:45.50	149	25/10/14	Geoff Drew Memorial Meet	Holywell	WAL603	4
200 Breaststroke	3:45.52	3:47.90	151	18/10/14	Conwy County Aquatics Autumn Meet	Llandudno	WAL600	2
50 Butterfly	44.68	45.10	115	05/07/14	Holywell Summer Sprints 2014	Holywell	WAL580	4
100 Butterfly	1:42.52	1:43.30	101	25/10/14	Geoff Drew Memorial Meet	Holywell	WAL603	4
50 Backstroke	40.71	41.20	160	05/07/14	Holywell Summer Sprints 2014	Holywell	WAL580	4
100 Backstroke	1:27.13	1:28.00	170	04/02/14	Swim Wales North Region Championships	Llandudno	WAL549	2
200 Backstroke	3:08.50	3:10.30	175	02/02/14	Swim Wales North Region Championships	Llandudno	WAL545	2
200 Individual Medley	3:14.38	3:16.40	179	07/12/13	BG Swim Wales North Sub Regional Champs	Llandudno	WAL536	4
400 Individual Medley	6:56.22	7:00.40	179	07/12/14	Swim Wales North Sub Regionals	Llandudno	WAL613	4
100 Individual Medley	1:30.75	1:30.80	160	05/07/14	Holywell Summer Sprints 2014	Holywell	WAL580	4