

# Individual Best Times (All Time)

Matthew Dalby - (868459) - Stocksbridge Pentaqua SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.35	28.60	361	02/12/17	Borough of Barnsley 22nd Christmas Sprint	Sheffield	NE171818	3
100 Freestyle	1:09.35	1:08.10	308	23/04/16	Stocksbridge Spring Open Meet 2016	Sheffield	NE160227	3
200 Freestyle	3:25.97	3:24.30	121	30/11/13	City of Sheffield Snow Frills Gala	Sheffield	NE3174	3
50 Breaststroke	39.23	38.40	289	11/02/17	Yorkshire SA County Championships	Sheffield	NE170142	1
100 Breaststroke	1:28.93	1:27.50	261	02/12/17	Borough of Barnsley 22nd Christmas Sprint	Sheffield	NE171818	3
200 Breaststroke	4:27.00	4:25.00	103	20/12/12	City of Sheffield Swim Club Time Trials	Sheffield	NE2854	4
50 Butterfly	34.11	33.50	278	02/12/17	Borough of Barnsley 22nd Christmas Sprint	Sheffield	NE171818	3
100 Butterfly	1:20.89	1:19.90	228	21/04/18	Stocksbridge Spring Open	Sheffield	NE180244	3
50 Backstroke	39.27	38.80	215	23/04/16	Stocksbridge Spring Open Meet 2016	Sheffield	NE160227	3
100 Backstroke	1:23.70	1:22.70	234	02/12/17	Borough of Barnsley 22nd Christmas Sprint	Sheffield	NE171818	3
200 Individual Medley	2:51.97	2:49.70	291	21/04/18	Stocksbridge Spring Open	Sheffield	NE180244	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	33.20	33.80	223	05/07/15	Borough of Barnsley 8th Annual Summer Sizzler	Sheffield	NE150893	3
100 Freestyle	1:05.06	1:06.30	327	02/07/17	BOBSC 10th Annual Summer Sizzler	Sheffield	NE170621	3
200 Freestyle	2:28.33	2:30.70	300	24/09/16	York City Baths Autumn Swim Extravaganza	Leeds	NE161208	3
400 Freestyle	6:05.28	6:09.10	196	08/11/15	Stocksbridge & Pentaqua Club Championships	Rotherham	NE151858	4
50 Breaststroke	37.37	38.20	297	02/07/17	BOBSC 10th Annual Summer Sizzler	Sheffield	NE170621	3
100 Breaststroke	1:23.93	1:25.40	285	22/10/16	Stocksbridge & District Pentaqua Club Champs	Stockbridge	NE161760	4
200 Breaststroke	4:22.86	4:24.90	95	21/07/13	Rotherham Metro A & B Grade Gala	Sheffield	NE3187	3
50 Butterfly	42.49	42.90	134	05/07/15	Borough of Barnsley 8th Annual Summer Sizzler	Sheffield	NE150893	3
100 Butterfly	1:19.40	1:20.40	217	07/10/17	Stocksbridge & District Club Championships	Stocksbridge	NE171820	4
200 Butterfly	3:21.60	3:23.20	148	24/09/16	York City Baths Autumn Swim Extravaganza	Leeds	NE161208	3
50 Backstroke	38.12	38.60	195	24/09/16	York City Baths Autumn Swim Extravaganza	Leeds	NE161208	3
100 Backstroke	1:16.77	1:17.80	249	07/10/17	Stocksbridge & District Club Championships	Stocksbridge	NE171820	4
200 Individual Medley	2:48.99	2:51.30	273	07/10/17	Stocksbridge & District Club Championships	Stocksbridge	NE171820	4
100 Individual Medley	1:47.38	1:47.40	96	21/09/13	Rotherham Metro SC A & B Grade SC Meet	Sheffield	NE3214	3