

Individual Best Times (All Time)

Matthew Clifford - (872363) - Epping Forest Dist SC

Long Course

| Stroke | LC Time | Converted to SC | LC WA Pts | Date | Meet | Venue | Licence | Level |
|-----------------|---------|-----------------|-----------|----------|-------------------------------------|----------|----------|-------|
| 50 Freestyle | 35.26 | 34.70 | 208 | 07/05/16 | BPSC Non Regional Qualifiers Gala | Basildon | ER160489 | 3 |
| 50 Breaststroke | 50.26 | 49.60 | 137 | 07/05/16 | BPSC Non Regional Qualifiers Gala | Basildon | ER160489 | 3 |
| 50 Backstroke | 47.66 | 47.20 | 120 | 24/01/15 | ISA National Swimming Championships | London | LR150306 | 3 |

Short Course

| Stroke | SC Time | Converted to LC | SC WA Pts | Date | Meet | Venue | License | Level |
|-----------------|---------|-----------------|-----------|----------|--------------------------------------|----------|----------|-------|
| 50 Freestyle | 35.25 | 35.80 | 187 | 12/06/16 | Epping Forest Club Championships | Loughton | ER161332 | 4 |
| 100 Freestyle | 1:34.78 | 1:35.70 | 105 | 03/01/15 | Epping Forest DSC Club Championships | Loughton | ER150471 | 4 |
| 50 Breaststroke | 50.98 | 51.60 | 117 | 03/07/16 | Epping Forest SC Three Trees Gala | Loughton | ER161534 | 4 |
| 50 Backstroke | 43.48 | 43.90 | 131 | 03/07/16 | Epping Forest SC Three Trees Gala | Loughton | ER161534 | 4 |