

# Individual Best Times (All Time)

Matthew Harrison - (888257) - Llandudno Swimming

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
100 Freestyle	1:13.09	1:11.90	263	12/01/13	British Gas Swim Wales New Year Meet	Swansea	WAL469	1
200 Freestyle	2:42.79	2:40.60	245	02/08/13	Swim Wales Summer Nationals	Swansea	WAL511	1
100 Breaststroke	1:39.05	1:37.80	189	30/07/13	Swim Wales Summer Nationals	Swansea	WAL511	1
50 Backstroke	37.24	36.70	252	02/08/13	Swim Wales Summer Nationals	Swansea	WAL511	1
100 Backstroke	1:21.81	1:20.80	250	31/07/13	Swim Wales Summer Nationals	Swansea	WAL511	1
200 Backstroke	2:57.51	2:55.60	250	13/01/13	British Gas Swim Wales New Year Meet	Swansea	WAL469	1
200 Individual Medley	3:10.47	3:08.40	214	13/01/13	British Gas Swim Wales New Year Meet	Swansea	WAL469	1
400 Individual Medley	6:54.44	6:50.20	200	13/01/13	British Gas Swim Wales New Year Meet	Swansea	WAL469	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.95	29.70	337	01/02/15	SWNR Regional Championships	Llandudno	WL150521	2
100 Freestyle	1:05.50	1:06.80	320	24/05/14	Swim Conway Whitsun Meet	Llandudno	WAL570	2
200 Freestyle	2:29.21	2:31.50	295	19/10/14	Conwy County Aquatics Autumn Meet	Llandudno	WAL600	2
400 Freestyle	5:28.82	5:33.10	268	24/05/14	Swim Conway Whitsun Meet	Llandudno	WAL570	2
50 Breaststroke	57.60	58.10	81	14/05/11	Swim Wales North Junior Development Meet	Llandudno	WAL356	4
100 Breaststroke	1:31.26	1:32.60	222	28/09/14	Conwy County Aquatics Closed Invitational	Llandudno	WAL594	4
200 Breaststroke	3:13.93	3:16.60	237	06/12/14	Swim Wales North Sub Regionals	Llandudno	WAL613	4
50 Butterfly	58.94	59.30	50	14/05/11	Swim Wales North Junior Development Meet	Llandudno	WAL356	4
100 Butterfly	1:29.66	1:30.50	151	25/05/14	Swim Conway Whitsun Meet	Llandudno	WAL570	2
50 Backstroke	34.53	35.10	262	24/05/14	Swim Conway Whitsun Meet	Llandudno	WAL570	2
100 Backstroke	1:13.67	1:14.80	282	31/01/15	SWNR Regional Championships	Llandudno	WL150521	2
200 Backstroke	2:41.10	2:43.20	281	01/02/15	SWNR Regional Championships	Llandudno	WL150521	2
200 Individual Medley	2:46.56	2:48.90	285	07/02/15	SWNR Regional Championships	Llandudno	WL150522	2
400 Individual Medley	6:14.17	6:18.80	247	28/09/14	Conwy County Aquatics Closed Invitational	Llandudno	WAL594	4
100 Individual Medley	1:18.00	1:18.00	252	13/07/14	Swim Conway Len Thomas Memorial Meet	Llandudno	WAL584	2