

# Individual Best Times (All Time)

Matthew Woodhall - (915460) - City of Sheffield Swim Squad Ltd

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	25.84	25.00	529	18/09/22	City of Sheffield SS 39th Annual Teaspoon Gala	Sheffield	NE221502	3
100 Freestyle	54.93	53.40	620	18/09/22	City of Sheffield SS 39th Annual Teaspoon Gala	Sheffield	NE221502	3
200 Freestyle	1:53.83	1:50.80	719	09/04/23	British Swimming Championships 2023	Sheffield	BSW024	1
400 Freestyle	3:57.69	3:51.70	793	04/04/23	British Swimming Championships 2023	Sheffield	BSW024	1
800 Freestyle	8:14.08	8:02.30	766	08/04/23	British Swimming Championships 2023	Sheffield	BSW024	1
1500 Freestyle	16:15.30	15:54.00	712	22/07/22	British Summer Championships	Sheffield	BSW022	1
50 Breaststroke	33.39	32.40	469	18/09/22	City of Sheffield SS 39th Annual Teaspoon Gala	Sheffield	NE221502	3
100 Breaststroke	1:11.91	1:10.10	494	18/09/22	City of Sheffield SS 39th Annual Teaspoon Gala	Sheffield	NE221502	3
200 Breaststroke	2:34.90	2:31.50	531	16/01/22	City of Derby 18th Level1 Long Course	Ponds Forge	EM220003	1
50 Butterfly	27.06	26.40	557	04/08/19	Swim England National Summer Meet	Sheffield	ENG014	1
100 Butterfly	59.15	57.90	584	18/09/22	City of Sheffield SS 39th Annual Teaspoon Gala	Sheffield	NE221502	3
200 Butterfly	2:11.71	2:09.30	587	01/08/21	NER & Yorkshire Festival of Swimming	Sheffield	NE210264	1
50 Backstroke	28.97	28.30	537	02/08/19	Swim England National Summer Meet	Sheffield	ENG014	1
100 Backstroke	1:00.98	59.70	605	01/08/21	NER & Yorkshire Festival of Swimming	Sheffield	NE210264	1
200 Backstroke	2:12.36	2:09.80	604	15/01/22	City of Derby 18th Level1 Long Course	Ponds Forge	EM220003	1
200 Individual Medley	2:11.09	2:08.10	657	11/03/23	Derwentio eXcel Early March Meet 2023	Sheffield	EM230151	1
400 Individual Medley	4:26.58	4:19.90	752	06/04/23	British Swimming Championships 2023	Sheffield	BSW024	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.81	27.60	425	24/06/18	Northern Junior Open 2018	Harvey Hadden	EM181039	3
100 Freestyle	53.52	55.10	588	10/10/21	Yorkshire Winter Champs	Leeds	NE210309	2
200 Freestyle	1:50.97	1:54.00	718	10/12/22	Scottish National Short Course Meet 2022	Edinburgh	SCO1961	2
400 Freestyle	3:51.52	3:57.50	770	11/12/22	Scottish National Short Course Meet 2022	Edinburgh	SCO1961	2
800 Freestyle	7:57.02	8:08.90	803	09/12/22	Scottish National Short Course Meet 2022	Edinburgh	SCO1961	2
1500 Freestyle	15:40.87	16:02.50	729	04/12/21	Swim England National Winter Championships (25m)	Sheffield	ENG020	2
50 Breaststroke	33.99	34.90	395	09/12/18	Sutton-in-Ashfield Club Championships 2018	Sutton-in-Ashfield	EM181189	4
100 Breaststroke	1:07.94	1:09.80	538	08/10/22	Yorkshire Swimming Association Winter Competitions	Leeds	NE221235	2
200 Breaststroke	2:26.08	2:29.60	556	24/05/21	City of Sheffield	Ponds Forge	LEX1236	0
50 Butterfly	26.68	27.40	541	13/12/19	Scottish National Short Course Championships	Edinburgh	SCO1762	2
100 Butterfly	57.13	58.40	584	10/10/21	Yorkshire Winter Champs	Leeds	NE210309	2
200 Butterfly	2:11.50	2:13.90	536	14/12/19	Scottish National Short Course Championships	Edinburgh	SCO1762	2
50 Backstroke	27.89	28.60	498	14/12/19	Scottish National Short Course Championships	Edinburgh	SCO1762	2
100 Backstroke	57.65	59.00	589	08/10/22	Yorkshire Swimming Association Winter Competitions	Leeds	NE221235	2
200 Backstroke	2:03.52	2:06.20	625	03/12/21	Swim England National Winter Championships (25m)	Sheffield	ENG020	2
200 Individual Medley	2:05.10	2:08.20	673	11/12/22	Scottish National Short Course Meet 2022	Edinburgh	SCO1961	2
400 Individual Medley	4:25.83	4:32.30	689	08/10/22	Yorkshire Swimming Association Winter Competitions	Leeds	NE221235	2
100 Individual Medley	59.89	59.90	557	06/11/21	SE North East Region Open Championships (25m) 2021	Sheffield	NE210917	2