

Individual Best Times (All Time)

Matthew Willmott - (928267) - West Suffolk Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.63	31.00	288	13/05/17	Northampton 2017 Long Course Spring Festival	Corby	EM170338	1
100 Freestyle	1:05.49	1:04.20	366	14/05/17	Northampton 2017 Long Course Spring Festival	Corby	EM170338	1
200 Freestyle	2:22.61	2:20.20	365	13/05/17	Northampton 2017 Long Course Spring Festival	Corby	EM170338	1
400 Freestyle	4:50.71	4:45.80	433	14/05/17	Northampton 2017 Long Course Spring Festival	Corby	EM170338	1
50 Breaststroke	44.11	43.40	203	25/03/17	UEA CoNSC March Long Course Open 2017	Norwich	ER170425	3
50 Butterfly	36.12	35.60	234	25/03/17	UEA CoNSC March Long Course Open 2017	Norwich	ER170425	3
200 Butterfly	2:40.97	2:39.00	322	31/03/18	City of Norwich Easter Long Course Meet	Norwich	ER180144	1
50 Backstroke	34.68	34.10	313	14/04/17	UEA City of Norwich Easter LC Meet	Norwich	ER170310	1
100 Backstroke	1:21.83	1:20.80	250	25/03/17	UEA CoNSC March Long Course Open 2017	Norwich	ER170425	3
200 Individual Medley	2:46.93	2:44.50	318	13/05/17	Northampton 2017 Long Course Spring Festival	Corby	EM170338	1
400 Individual Medley	5:43.67	5:38.50	351	13/05/17	Northampton 2017 Long Course Spring Festival	Corby	EM170338	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.04	28.80	371	12/05/19	The AMAYzing Spring Development Meet	Bury St Edmunds	ER191299	3
100 Freestyle	1:00.52	1:01.90	406	17/03/18	Team Ipswich March Open 2018	Ipswich	ER180342	3
200 Freestyle	2:11.45	2:14.10	432	25/03/18	City of Cambridge Spring Open	Cambridge	ER180509	3
400 Freestyle	4:36.53	4:41.60	452	18/02/18	Suffolk County Championships 2018	Ipswich	ER180354	2
1500 Freestyle	19:55.56	20:12.70	355	21/01/17	Norfolk ASA County Championships 2017	Norfolk	ER170328	2
50 Breaststroke	38.74	39.50	267	04/02/18	Suffolk County Championships 2018	Ipswich	ER180352	2
100 Breaststroke	1:26.44	1:27.90	261	21/04/18	Stowmarket Sprint into Spring Open Meet	Stowmarket	ER180504	3
200 Breaststroke	2:59.15	3:02.10	301	17/06/17	Suffolk County Development Meet	Ipswich	ER171299	3
50 Butterfly	31.71	32.30	322	11/05/19	The AMAYzing Spring Development Meet	Bury St Edmunds	ER191299	3
100 Butterfly	1:11.85	1:12.90	294	13/05/18	The AMAY'zing Spring Development Meet	Bury St Edmunds	ER180723	3
200 Butterfly	2:30.98	2:33.10	354	10/03/18	Robin Deal Memorial Meet 2018	Sudbury	ER180507	3
50 Backstroke	32.21	32.80	323	11/03/18	Robin Deal Memorial Meet 2018	Sudbury	ER180507	3
100 Backstroke	1:10.47	1:11.60	322	21/04/18	Stowmarket Sprint into Spring Open Meet	Stowmarket	ER180504	3
200 Backstroke	2:30.55	2:32.70	345	11/02/18	Suffolk County Championships 2018	Ipswich	ER180353	2
200 Individual Medley	2:30.53	2:33.10	386	24/03/18	City of Cambridge Spring Open	Cambridge	ER180509	3
400 Individual Medley	5:17.09	5:22.60	406	17/03/18	Team Ipswich March Open 2018	Ipswich	ER180342	3
100 Individual Medley	1:10.98	1:11.00	334	12/05/19	The AMAYzing Spring Development Meet	Bury St Edmunds	ER191299	3