

Individual Best Times (All Time)

Matthew Ashman - (229746) - Dronfield Dolphins SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	25.44	24.60	555	17/11/13	Derbyshire ASA Long Course Meet	Sheffield	EM3800	3
100 Freestyle	1:00.19	58.80	471	21/01/12	Rotherham Metro A & B Grade Gala	Sheffield	NE2002	3
200 Freestyle	3:00.71	2:58.80	179	07/10/07	The Robin Hood Open	Sheffield	EM7163	2
50 Breaststroke	34.30	33.40	433	17/11/13	Derbyshire ASA Long Course Meet	Sheffield	EM3800	3
50 Butterfly	28.34	27.70	485	17/11/13	Derbyshire ASA Long Course Meet	Sheffield	EM3800	3
50 Backstroke	30.30	29.60	469	17/11/13	Derbyshire ASA Long Course Meet	Sheffield	EM3800	3
100 Backstroke	1:07.43	1:06.20	448	05/05/12	ASA Midlands Youth Championships	Coventry	WMR207	1
200 Backstroke	2:29.78	2:27.50	417	25/04/11	Radford Easter Open Meet	Sheffield	EM1235	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	24.87	25.70	532	01/03/14	Derbyshire ASA County Championships 2014	Matlock	CC4089	2
100 Freestyle	55.99	57.50	513	02/03/13	Derbyshire Youth & Age Group County Champs	Matlock	CC3091	2
200 Freestyle	2:12.42	2:15.00	422	13/03/11	Derbyshire County Championships	Chesterfield	CC1095	2
400 Freestyle	6:08.92	6:12.70	190	15/12/07	Chesterfield Xmas Meet	Chesterfield	EM7240	3
50 Breaststroke	34.66	35.60	373	14/07/12	Chesterfield SC Summer Splash Meet 2012	Chesterfield	EM2395	3
200 Breaststroke	3:26.12	3:28.70	198	09/03/08	Derbyshire County Champs	Clay Cross	CC8047	2
50 Butterfly	27.36	28.00	502	01/03/14	Derbyshire ASA County Championships 2014	Matlock	CC4089	2
200 Butterfly	4:23.85	4:25.10	66	24/02/07	Derbyshire County Champs	Claycross	CC7087	2
50 Backstroke	28.55	29.20	464	23/02/13	Derbyshire ASA Championships	CC3090	CC3090	2
100 Backstroke	1:01.98	1:03.30	474	23/02/13	Derbyshire ASA Championships	CC3090	CC3090	2
200 Backstroke	2:22.49	2:24.80	407	04/03/12	Derbyshire County Championships	Matlock	CC2111	2
200 Individual Medley	2:47.22	2:49.60	281	06/03/10	Derbyshire County Champs	Eckington	CC0123	2
100 Individual Medley	1:03.29	1:03.30	472	23/02/14	Derbyshire County Championships 2014	Matlock	CC4088	2