

# Individual Best Times (All Time)

Adam Chesworth - (1103730) - Ellesmere Port SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	38.35	37.80	162	15/02/14	City of Liverpool Splash n Dash 50m Sprints	Liverpool	NW4242	3
50 Breaststroke	55.17	54.60	104	15/02/14	City of Liverpool Splash n Dash 50m Sprints	Liverpool	NW4242	3
50 Butterfly	43.02	42.60	138	15/02/14	City of Liverpool Splash n Dash 50m Sprints	Liverpool	NW4242	3
100 Butterfly	1:34.18	1:33.40	144	22/06/14	City of Liverpool SC L3 Summer Sprint Meet	Liverpool	NW4453	3
50 Backstroke	45.98	45.50	134	22/06/14	City of Liverpool SC L3 Summer Sprint Meet	Liverpool	NW4453	3
200 Individual Medley	3:26.21	3:24.30	168	22/06/14	City of Liverpool SC L3 Summer Sprint Meet	Liverpool	NW4453	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	32.95	33.60	229	12/06/16	Peninsular Age Group Galas	Birkenhead	NW161190	4
100 Freestyle	1:11.29	1:12.50	248	26/06/16	Peninsular Age Group Galas	Birkenhead	NW161191	4
200 Freestyle	2:37.58	2:39.80	250	07/02/15	Cheshire County Championships 2015	Macclesfield	CC150092	2
400 Freestyle	5:34.19	5:38.40	256	02/05/15	Wrexham 12th Spring Meet 2015	Wrexham	WL150747	2
50 Breaststroke	47.22	47.90	147	23/11/14	Cheshire Junior Meet Level 3 Gala	Macclesfield	NW14349	3
100 Breaststroke	1:47.39	1:48.60	136	07/06/15	Wrexham Cath Ankers Meet 2015	Wrexham	WL150748	3
200 Breaststroke	3:31.53	3:34.00	183	07/02/15	Cheshire County Championships 2015	Macclesfield	CC150092	2
50 Butterfly	35.46	36.00	230	23/01/16	Cheshire County Championships 2016	Macclesfield	NW160011	2
100 Butterfly	1:24.98	1:25.90	177	30/11/14	Percy Mason Memorial Gala	Warrington	NW14321	3
50 Backstroke	39.23	39.70	179	12/06/16	Peninsular Age Group Galas	Birkenhead	NW161190	4
100 Backstroke	1:23.94	1:24.90	190	26/06/16	Peninsular Age Group Galas	Birkenhead	NW161191	4
200 Backstroke	2:53.00	2:54.90	227	28/11/15	Percy Mason Memorial Gala	Warrington	NW151819	3
200 Individual Medley	2:56.44	2:58.70	239	07/02/16	Cheshire County Championships 2016	Macclesfield	NW160012	2
400 Individual Medley	6:10.67	6:15.40	254	24/01/16	Cheshire County Championships 2016	Macclesfield	NW160010	2
100 Individual Medley	1:22.91	1:22.90	209	12/07/15	Len Thomas Memorial Sprint Meet	Llandudno	WL150713	2