

Individual Best Times (All Time)

Adam Few - (1114344) - Hillingdon Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.22	30.50	300	08/01/17	BWFSC L3 New Year Meet	London Aquatics Cent	LR170193	3
100 Freestyle	1:10.13	1:08.90	298	15/07/17	Portsmouth Northsea End of Season Meet	Portsmouth	SE170212	3
200 Freestyle	2:34.24	2:32.00	289	08/01/17	BWFSC L3 New Year Meet	London Aquatics Cent	LR170193	3
1500 Freestyle	23:13.18	22:58.30	244	08/02/15	Wycombe February Long Distance Meet	Wycombe	SE150252	3
50 Breaststroke	44.89	44.20	193	08/01/17	BWFSC L3 New Year Meet	London Aquatics Cent	LR170193	3
100 Breaststroke	1:42.56	1:41.30	170	17/07/16	Portsmouth Northsea End of Season Meet	Portsmouth	SE160364	3
50 Butterfly	37.39	36.90	211	16/07/16	Portsmouth Northsea End of Season Meet	Portsmouth	SE160364	3
100 Butterfly	1:35.03	1:34.20	140	08/05/16	Portsmouth Northsea LC Sprint Meet 2016	Portsmouth	SE160454	3
50 Backstroke	38.01	37.50	237	08/01/17	BWFSC L3 New Year Meet	London Aquatics Cent	LR170193	3
100 Backstroke	1:21.75	1:20.80	251	16/07/16	Portsmouth Northsea End of Season Meet	Portsmouth	SE160364	3
200 Backstroke	2:50.33	2:48.40	283	17/07/16	Portsmouth Northsea End of Season Meet	Portsmouth	SE160364	3
200 Individual Medley	2:57.46	2:55.20	265	08/01/17	BWFSC L3 New Year Meet	London Aquatics Cent	LR170193	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.42	32.10	264	27/11/16	City of Oxford L3 November Meet	Oxford	SE161774	3
100 Freestyle	1:11.00	1:12.20	251	27/11/16	City of Oxford L3 November Meet	Oxford	SE161774	3
200 Freestyle	2:30.89	2:33.20	285	26/11/16	City of Oxford L3 November Meet	Oxford	SE161774	3
400 Freestyle	5:19.09	5:23.50	294	26/11/16	City of Oxford L3 November Meet	Oxford	SE161774	3
1500 Freestyle	20:29.98	20:46.70	326	12/11/17	Witney & District Swimming Club	Witney	SE172140	4
50 Breaststroke	45.47	46.20	165	26/11/16	City of Oxford L3 November Meet	Oxford	SE161774	3
100 Breaststroke	1:38.02	1:39.30	179	15/10/17	RNSS House Club Champs 2017	Northwood	LR170545	4
200 Breaststroke	3:35.41	3:37.90	173	15/03/15	MCASA Spring Development Meet	Enfield	LR150434	3
50 Butterfly	38.83	39.30	175	11/10/15	Hillingdon Autumn Short Course Meet 2015	Hillingdon	LR151546	3
100 Butterfly	1:28.69	1:29.50	156	15/10/17	RNSS House Club Champs 2017	Northwood	LR170545	4
200 Butterfly	3:13.44	3:15.10	168	27/11/16	City of Oxford L3 November Meet	Oxford	SE161774	3
50 Backstroke	37.95	38.50	197	26/11/16	City of Oxford L3 November Meet	Oxford	SE161774	3
100 Backstroke	1:20.52	1:21.50	216	26/11/16	City of Oxford L3 November Meet	Oxford	SE161774	3
200 Backstroke	2:46.85	2:48.80	253	27/11/16	City of Oxford L3 November Meet	Oxford	SE161774	3
200 Individual Medley	2:57.83	3:00.00	234	09/10/16	Hillingdon Short Course Autumn Meet	Uxbridge	LR161662	3
400 Individual Medley	6:17.72	6:22.40	240	22/10/16	City of Oxford Distance Meet	Oxford	SE161535	3
100 Individual Medley	1:24.53	1:24.50	198	21/11/15	Watford November County Qualifier Open Meet	Watford	ER150604	3