

# Individual Best Times (All Time)

Adam Varey - (1256103) - Cockermouth SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	35.72	35.10	200	30/06/18	City of Sunderland Summer Splash 2018	Sunderland	NE181671	3
100 Freestyle	1:28.78	1:27.80	147	09/07/17	City of Sunderland Summer Splash 2017	Sunderland	NE171638	3
200 Freestyle	2:45.24	2:43.10	235	30/06/18	City of Sunderland Summer Splash 2018	Sunderland	NE181671	3
50 Breaststroke	47.46	46.80	163	30/06/18	City of Sunderland Summer Splash 2018	Sunderland	NE181671	3
100 Breaststroke	1:32.86	1:31.50	229	23/03/19	City of Sunderland National Qualifier 2019	Sunderland	NE190554	1
50 Butterfly	40.78	40.30	162	01/07/18	City of Sunderland Summer Splash 2018	Sunderland	NE181671	3
100 Butterfly	1:33.42	1:32.60	148	01/07/18	City of Sunderland Summer Splash 2018	Sunderland	NE181671	3
50 Backstroke	45.40	45.00	139	09/07/17	City of Sunderland Summer Splash 2017	Sunderland	NE171638	3
200 Backstroke	3:07.75	3:06.00	211	01/07/18	City of Sunderland Summer Splash 2018	Sunderland	NE181671	3
200 Individual Medley	3:04.75	3:02.60	234	01/07/18	City of Sunderland Summer Splash 2018	Sunderland	NE181671	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	32.40	33.00	240	23/11/19	Allerdale Club Championships 2019	Workington	NW192779	3
100 Freestyle	1:11.75	1:12.90	244	30/11/19	CUMBRIA 2019 CUMBRIAN WINTER MEET	Carlisle	NW193136	3
200 Freestyle	2:32.56	2:34.80	276	22/09/19	Workington ASC 10th Presidents Open Meet	Cumbria	NW192386	3
400 Freestyle	5:19.75	5:24.10	292	21/09/19	Workington ASC 10th Presidents Open Meet	Cumbria	NW192386	3
800 Freestyle	12:18.77	12:26.60	216	05/10/18	Carlisle Aquatics October Swimfest	Carlisle	NW181777	3
1500 Freestyle	23:21.73	23:36.40	220	21/09/18	Workington ASC 9th Presidents Open Meet	Workington	NW181077	3
50 Breaststroke	39.41	40.20	253	24/11/19	Allerdale Club Championships 2019	Workington	NW192779	3
100 Breaststroke	1:25.75	1:27.20	267	26/01/20	2020 Cumbria County Championships and Age Groups	Workington	NW200215	2
200 Breaststroke	3:05.40	3:08.20	272	25/01/20	2020 Cumbria County Championships and Age Groups	Workington	NW200215	2
50 Butterfly	37.17	37.70	200	21/09/19	Workington ASC 10th Presidents Open Meet	Cumbria	NW192386	3
100 Butterfly	1:23.59	1:24.50	186	24/11/19	Allerdale Club Championships 2019	Workington	NW192779	3
200 Butterfly	3:27.17	3:28.70	137	24/06/18	North Lancashire Swimming & WP Inter Association	Palatine Pool Blackp	NW181078	3
50 Backstroke	36.62	37.20	220	26/01/20	2020 Cumbria County Championships and Age Groups	Workington	NW200215	2
100 Backstroke	1:21.04	1:22.00	212	24/11/19	Allerdale Club Championships 2019	Workington	NW192779	3
200 Backstroke	2:53.95	2:55.90	223	23/11/19	Allerdale Club Championships 2019	Workington	NW192779	3
200 Individual Medley	2:55.81	2:58.00	242	08/06/19	24th Copeland Graded Gala	Whitehaven	NW191764	3
400 Individual Medley	6:27.36	6:31.90	222	12/01/19	2019 Cumbria County Championships and Age Groups	Workington	NW190166	2
100 Individual Medley	1:21.24	1:21.20	223	21/09/19	Workington ASC 10th Presidents Open Meet	Cumbria	NW192386	3