

# Individual Best Times (All Time)

Adelaide Atwell - (1591150) - Harrogate District SC

Long Course

| Stroke                | LC Time | Converted to SC | LC WA Pts | Date     | Meet                                         | Venue | Licence  | Level |
|-----------------------|---------|-----------------|-----------|----------|----------------------------------------------|-------|----------|-------|
| 50 Freestyle          | 35.36   | 34.80           | 297       | 26/03/23 | York City Baths National Qualifier Meet 2023 | Leeds | NE230063 | 1     |
| 100 Freestyle         | 1:20.62 | 1:19.60         | 263       | 21/01/24 | Team Jorvik New Year Festival 2024           | Leeds | NE240003 | 3     |
| 200 Freestyle         | 2:57.70 | 2:55.70         | 256       | 22/01/23 | Team Jorvik Spring Festival 2023             | Leeds | NE230020 | 3     |
| 50 Breaststroke       | 44.52   | 43.80           | 280       | 04/03/23 | Richmond Dales ASC April Fool Gala 2023      | Leeds | NE230257 | 3     |
| 100 Breaststroke      | 1:37.18 | 1:35.90         | 287       | 26/03/23 | York City Baths National Qualifier Meet 2023 | Leeds | NE230063 | 1     |
| 200 Breaststroke      | 3:27.92 | 3:25.40         | 289       | 04/03/23 | Richmond Dales ASC April Fool Gala 2023      | Leeds | NE230257 | 3     |
| 50 Butterfly          | 50.22   | 49.80           | 115       | 19/03/22 | Richmond Dales ASC April Fool Gala           | Leeds | NE220118 | 3     |
| 50 Backstroke         | 47.59   | 47.20           | 179       | 07/01/23 | City of Leeds SC New Year Meet 2023          | Leeds | NE230086 | 3     |
| 100 Backstroke        | 1:33.95 | 1:33.10         | 227       | 04/03/23 | Richmond Dales ASC April Fool Gala 2023      | Leeds | NE230257 | 3     |
| 200 Individual Medley | 3:20.68 | 3:18.70         | 248       | 07/01/23 | City of Leeds SC New Year Meet 2023          | Leeds | NE230086 | 3     |

Short Course

| Stroke                | SC Time | Converted to LC | SC WA Pts | Date     | Meet                                             | Venue          | License  | Level |
|-----------------------|---------|-----------------|-----------|----------|--------------------------------------------------|----------------|----------|-------|
| 50 Freestyle          | 33.86   | 34.50           | 310       | 21/04/24 | Harrogate Spa Town Meet 2024                     | Harrogate      | NE240418 | 3     |
| 100 Freestyle         | 1:17.72 | 1:18.80         | 270       | 17/09/23 | Richmond Dales Iain Young Back to Pool Gala 2023 | Middlesborough | NE231716 | 3     |
| 200 Freestyle         | 2:47.95 | 2:50.00         | 283       | 24/06/23 | Northallerton ASC Time Trials 2023               | Bedale         | NE230346 | 4     |
| 400 Freestyle         | 6:02.77 | 6:06.60         | 259       | 17/09/23 | Richmond Dales Iain Young Back to Pool Gala 2023 | Middlesborough | NE231716 | 3     |
| 50 Breaststroke       | 43.53   | 44.20           | 276       | 30/09/23 | Harrogate District SC Club Championships 2023    | Harrogate      | NE232048 | 4     |
| 100 Breaststroke      | 1:39.92 | 1:41.20         | 243       | 06/01/24 | Harrogate District SC Janus Meet 2024            | Harrogate      | NE240032 | 3     |
| 200 Breaststroke      | 3:30.69 | 3:33.20         | 260       | 18/11/23 | Blackpool Lights Meet 2023                       | Blackpool      | NW231618 | 3     |
| 50 Butterfly          | 43.21   | 43.60           | 179       | 30/09/23 | Harrogate District SC Club Championships 2023    | Harrogate      | NE232048 | 4     |
| 100 Butterfly         | 1:42.37 | 1:43.10         | 147       | 30/09/23 | Harrogate District SC Club Championships 2023    | Harrogate      | NE232048 | 4     |
| 50 Backstroke         | 44.31   | 44.80           | 185       | 20/04/24 | Harrogate Spa Town Meet 2024                     | Harrogate      | NE240418 | 3     |
| 100 Backstroke        | 1:39.13 | 1:39.90         | 169       | 30/09/23 | Harrogate District SC Club Championships 2023    | Harrogate      | NE232048 | 4     |
| 200 Individual Medley | 3:17.58 | 3:19.60         | 234       | 06/01/24 | Harrogate District SC Janus Meet 2024            | Harrogate      | NE240032 | 3     |
| 100 Individual Medley | 1:30.77 | 1:30.80         | 241       | 20/11/22 | Blackpool Lights 2022                            | Palatine LC    | NW221182 | 3     |