

Individual Best Times (All Time)

Adrian Ash - (271002) - Havant & Waterlooville SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Backstroke	34.16	33.60	327	28/05/16	City of Cardiff Open Meet	Cardiff	WL160446	1
200 Backstroke	2:36.79	2:34.60	363	29/05/16	City of Cardiff Open Meet	Cardiff	WL160446	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.70	29.40	346	16/10/16	Havant & Waterlooville Club Championships	Waterlooville	SE162232	4
100 Freestyle	1:05.38	1:06.60	322	17/10/15	Havant & Waterlooville Club Championships	Waterlooville	SE151950	4
200 Freestyle	2:19.07	2:21.50	364	28/11/15	Swim Bournemouth Winter Short Course L2 Meet	Littledown	SW152066	2
400 Freestyle	4:51.40	4:56.20	386	29/11/15	Swim Bournemouth Winter Short Course L2 Meet	Littledown	SW152066	2
50 Breaststroke	38.41	39.20	274	16/10/16	Havant & Waterlooville Club Championships	Waterlooville	SE162232	4
100 Breaststroke	1:30.25	1:31.60	229	17/01/15	Havant & Waterlooville Club Championships	Waterlooville	SE150360	4
200 Breaststroke	3:15.66	3:18.30	231	23/11/14	Peter Bull Open Meet	Waterlooville	SE14580	3
50 Butterfly	32.76	33.30	292	11/06/16	Swim Out of Your Skin Open Meet	Waterlooville	SE160978	3
100 Butterfly	1:21.31	1:22.20	202	13/06/15	Swim Out of Your Skin Open Meet	Waterlooville	SE151195	3
50 Backstroke	32.78	33.40	306	28/11/15	Swim Bournemouth Winter Short Course L2 Meet	Littledown	SW152066	2
100 Backstroke	1:09.80	1:10.90	331	16/10/16	Havant & Waterlooville Club Championships	Waterlooville	SE162232	4
200 Backstroke	2:29.72	2:31.90	351	29/11/15	Swim Bournemouth Winter Short Course L2 Meet	Littledown	SW152066	2
200 Individual Medley	2:40.73	2:43.20	317	14/02/16	Fareham Nomads Valentines Meet 2016	Waterlooville	SE160381	3
400 Individual Medley	5:40.35	5:45.50	328	23/10/15	Havant & Waterlooville Club Championships	Waterlooville	SE151951	4
100 Individual Medley	1:16.89	1:16.90	263	24/10/15	Havant & Waterlooville Club Championships	Waterlooville	SE151951	4