

Individual Best Times (All Time)

Adam Musgrove - (418919) - Rhondda Cynon Taf Performance Sw

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.69	28.00	387	01/08/13	Swim Wales Summer Nationals	Swansea	WAL511	1
100 Freestyle	1:02.57	1:01.20	420	02/08/13	Swim Wales Summer Nationals	Swansea	WAL511	1
200 Freestyle	2:17.60	2:15.10	407	31/07/13	Swim Wales Summer Nationals	Swansea	WAL511	1
400 Freestyle	4:54.80	4:50.00	416	29/07/13	Swim Wales Summer Nationals	Swansea	WAL511	1
50 Breaststroke	47.51	46.80	162	18/09/11	City of Sheffield Teaspoon Gala	Sheffield	NE1119	4
100 Breaststroke	1:41.48	1:40.20	176	26/02/12	City of Cardiff Invitational Meet	Cardiff	WAL416	4
200 Breaststroke	3:43.53	3:41.10	176	09/04/11	Frome, Wells & Shepton Mallet 3 Towers Ope	Millfield	SW1195	3
50 Butterfly	42.33	41.90	145	18/09/11	City of Sheffield Teaspoon Gala	Sheffield	NE1119	4
100 Butterfly	1:41.65	1:40.90	115	26/02/12	City of Cardiff Invitational Meet	Cardiff	WAL416	4
50 Backstroke	40.73	40.20	193	26/02/12	City of Cardiff Invitational Meet	Cardiff	WAL416	4
100 Backstroke	1:18.32	1:17.30	285	23/03/13	City of Cardiff SC Tiger Bay Open Meet	Cardiff	WAL481	3
200 Backstroke	2:45.37	2:43.30	309	14/12/12	BG Swim Wales National Champs & Disability	Swansea	WAL468	1
200 Individual Medley	2:50.99	2:48.70	296	11/01/13	British Gas Swim Wales New Year Meet	Swansea	WAL469	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.73	28.50	384	04/02/14	South East Wales Regional Championships	Newport	WAL548	2
100 Freestyle	1:01.47	1:02.80	388	03/02/14	South East Wales Regional Championships	Newport	WAL548	2
200 Freestyle	2:16.08	2:18.60	389	26/10/13	Tigers (Jersey) SC32nd Autumn Open Meet	Jersey	SE3390	2
400 Freestyle	4:42.64	4:47.60	423	29/06/13	Torfaen Dolphins Open Meet 2013	Newport	WAL506	2
1500 Freestyle	20:00.01	20:17.10	351	14/04/13	South East Region No Time Gala	Newport	WAL485	4
50 Breaststroke	42.86	43.60	197	27/10/13	Tigers (Jersey) SC32nd Autumn Open Meet	Jersey	SE3391	3
100 Breaststroke	1:29.93	1:31.30	232	27/10/13	Tigers (Jersey) SC32nd Autumn Open Meet	Jersey	SE3391	3
200 Breaststroke	3:10.56	3:13.30	250	03/02/13	South East Wales Regional Championships	Newport	WAL471	2
50 Butterfly	39.24	39.70	170	26/10/13	Tigers (Jersey) SC32nd Autumn Open Meet	Jersey	SE3391	3
100 Butterfly	1:21.80	1:22.70	199	26/10/13	Tigers (Jersey) SC32nd Autumn Open Meet	Jersey	SE3391	3
50 Backstroke	36.00	36.60	231	26/10/13	Tigers (Jersey) SC32nd Autumn Open Meet	Jersey	SE3391	3
100 Backstroke	1:13.70	1:14.80	281	01/02/14	South East Wales Regional Championships	Newport	WAL544	2
200 Backstroke	2:31.40	2:33.60	339	30/11/13	South East Wales Sub Regional Gala	Newport	WAL534	4
200 Individual Medley	2:42.10	2:44.50	309	03/02/13	South East Wales Regional Championships	Newport	WAL471	2
100 Individual Medley	1:35.49	1:35.50	137	02/10/10	Llantrisant Open Meet	Llantrisant	WAL316	4