

Individual Best Times (All Time)

Adam Saunders - (466363) - Elmbridge Phoenix SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	26.67	25.90	481	17/02/18	BUCS Long Course Swimming Championships	Sheffield	NE180246	1
100 Freestyle	1:07.26	1:06.00	338	29/05/10	BG South East Region Age Groups	Crawley	SER022	1
200 Freestyle	2:25.90	2:23.50	341	30/05/10	BG South East Region Age Groups	Crawley	SER022	1
400 Freestyle	5:09.33	5:04.80	360	12/06/10	South East Region Champs	Crawley	SER023	1
800 Freestyle	10:35.11	10:25.90	360	19/02/11	Surrey County Championships	Guildford	CC1036	1
1500 Freestyle	19:55.84	19:38.40	386	04/02/12	Surrey County Age Group Championships	Surrey	CC2091	1
50 Butterfly	29.14	28.50	446	18/02/18	BUCS Long Course Swimming Championships	Sheffield	NE180246	1
100 Butterfly	1:09.99	1:08.90	352	11/06/11	BG South East Region Age Group Championshi	Crawley	SER114	1
200 Butterfly	2:38.66	2:36.70	336	12/06/11	BG South East Region Age Group Championshi	Crawley	SER114	1
50 Backstroke	33.83	33.20	337	11/03/12	Surrey County Championships	Guildford	CC2093	1
100 Backstroke	1:28.67	1:27.80	197	01/06/08	South East Age Grp Champs	Crawley	SER823	1
200 Backstroke	3:07.10	3:05.30	214	31/05/08	South East Age Grp Champs	Crawley	SER823	1
200 Individual Medley	2:49.15	2:46.80	306	12/06/10	South East Region Champs	Crawley	SER023	1
400 Individual Medley	6:11.62	6:06.90	277	30/05/09	South East Region Champs	Crawley	SER910	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.08	26.90	461	11/11/17	BUCS Short Course Swimming Championships	Sheffield	NE172398	2
100 Freestyle	1:00.68	1:02.00	403	17/03/12	Surrey County Age Group Champs	Guildford	CC2094	2
200 Freestyle	2:15.80	2:18.30	391	23/11/11	Elmbridge Phoenix Club Championships	Walton	SE1240	4
400 Freestyle	4:54.21	4:58.90	375	05/02/12	Surrey County Age Group Championships	Guildford	CC2092	2
800 Freestyle	10:14.10	10:23.40	376	15/12/10	Elmbridge Phoenix Champs	Walton	SE0703	4
1500 Freestyle	18:57.25	19:15.30	412	22/04/11	Reading Easter Open Swim Meet 2011	Reading	SE1154	2
50 Breaststroke	41.38	42.10	219	11/09/11	Elmbridge Phoenix Club Championships	Walton	SE1234	4
100 Breaststroke	1:29.36	1:30.80	236	18/09/11	Elmbridge Phoenix Club Championships	Walton	SE1234	4
200 Breaststroke	3:11.32	3:14.10	247	18/09/11	Elmbridge Phoenix Club Championships	Walton	SE1234	4
50 Butterfly	29.32	30.00	408	12/11/17	BUCS Short Course Swimming Championships	Sheffield	NE172398	2
100 Butterfly	1:06.67	1:07.80	368	23/11/11	Elmbridge Phoenix Club Championships	Walton	SE1240	4
200 Butterfly	2:31.76	2:33.80	349	03/03/12	Surrey County Age Group Championships	Guildford	CC2092	2
50 Backstroke	33.32	33.90	292	11/09/11	Elmbridge Phoenix Club Championships	Walton	SE1234	4
100 Backstroke	1:12.50	1:13.60	296	03/12/11	Elmbridge Phoenix Club Championships	Walton	SE1234	4
200 Backstroke	2:38.97	2:41.10	293	03/12/11	Elmbridge Phoenix Club Championships	Walton	SE1234	4
200 Individual Medley	2:35.20	2:37.70	352	04/03/12	Surrey County Age Group Championships	Guildford	CC2092	2
400 Individual Medley	5:40.53	5:45.70	327	27/02/11	Surrey County Championships	Guildford	CC1037	2
100 Individual Medley	1:13.89	1:13.90	296	27/02/11	Surrey County Championships	Guildford	CC1037	2