

Individual Best Times (All Time)

Adam Smith - (473143) - Ashton Central SC

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	32.84	33.50	231	08/11/14	Ashton Central Club Championships	Manchester	NW14080	4
50 Breaststroke	42.88	43.60	196	08/11/14	Ashton Central Club Championships	Manchester	NW14080	4
200 Breaststroke	4:05.07	4:07.20	117	21/09/14	City of Wakefield Club Championships	Wakefield	NE14201	4
50 Butterfly	40.00	40.50	160	09/11/14	Ashton Central Club Championships	Manchester	NW14080	4
50 Backstroke	37.50	38.00	204	08/11/14	Ashton Central Club Championships	Manchester	NW14080	4
200 Backstroke	3:14.57	3:16.30	160	14/01/12	Bolton & Manchester Age Groups	Manchester	NW2004	3
100 Individual Medley	1:25.32	1:25.30	192	20/10/13	Ashton Central ASC Club Championships 2013	Wigan	NW3848	4