

Individual Best Times (All Time)

Adam Stannard - (570173) - Stokesley SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Breaststroke	38.78	38.00	299	10/03/13	Northumberland & Durham County Champs	Sunderland	CC3097	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.53	30.20	318	23/03/14	Tynemouth ASC Club Championships	Tynemouth	NE4065	4
100 Freestyle	1:05.28	1:06.50	324	12/02/13	Tynemouth ASC Time Trials	Tynemouth	NE3058	4
200 Freestyle	2:26.67	2:29.00	310	24/03/13	Tynemouth ASC Time Trials	Tynemouth	NE3058	4
50 Breaststroke	37.94	38.80	284	10/11/13	Tynemouth ASC Club Championships	Tynemouth	NE3816	4
100 Breaststroke	1:25.42	1:26.90	271	15/12/12	Tynemouth Club Championships	Tynemouth	NE2671	4
200 Breaststroke	3:09.93	3:12.70	253	13/11/12	Tynemouth Club Championships	Tynemouth	NE2671	4
50 Butterfly	30.49	31.10	362	12/02/13	Tynemouth ASC Time Trials	Tynemouth	NE3058	4
100 Butterfly	1:12.75	1:13.80	283	15/12/12	Tynemouth Club Championships	Tynemouth	NE2671	4
200 Butterfly	3:08.51	3:10.20	182	27/01/13	North East Invitational Meet	Hexham	NE3240	3
100 Backstroke	1:27.65	1:28.60	167	13/12/14	Tynemouth Club Championships	Tynemouth	NE14593	4
200 Individual Medley	2:52.99	2:55.30	254	27/01/13	North East Invitational Meet	Hexham	NE3240	3
400 Individual Medley	6:29.32	6:33.80	219	27/01/13	North East Invitational Meet	Hexham	NE3240	3