

Individual Best Times (All Time)

Adam Frost - (815022) - Herne Bay L&SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	25.49	24.70	552	05/02/22	Kent County Championships 2022	London Aqu Cen	SE220057	1
100 Freestyle	58.34	56.90	518	28/07/19	NUEL Non National Qualifiers Meet 2019	London Aquatic	LR191609	3
200 Freestyle	2:35.23	2:33.00	283	07/05/16	BPSC Non Regional Qualifiers Gala	Basildon	ER160489	3
50 Breaststroke	32.64	31.70	502	05/02/22	Kent County Championships 2022	London Aqu Cen	SE220057	1
100 Breaststroke	1:12.42	1:10.70	484	18/01/20	2020 Kent ASA Swimming Championships	London	SE200205	1
200 Breaststroke	2:46.10	2:42.90	431	03/02/19	Kent Swimming Championships 2019	Crystal Palace	SE190349	1
50 Butterfly	27.60	26.90	525	06/02/22	Kent County Championships 2022	London Aqu Cen	SE220057	1
100 Butterfly	1:04.79	1:03.60	444	19/01/20	2020 Kent ASA Swimming Championships	London	SE200205	1
50 Backstroke	30.53	29.90	458	06/05/19	Swim England 15 Over Swimming Championships 2019	Wycombe	SE191364	1
100 Backstroke	1:07.10	1:05.90	454	09/02/19	Kent Swimming Championships 2019	Crystal Palace	SE190350	1
200 Backstroke	2:44.16	2:42.10	316	04/02/17	Kent Swimming Championships	Crystal Palace	SE170173	1
200 Individual Medley	2:43.66	2:41.20	337	11/02/17	Kent Swimming Championships	London Aquatics	SE170174	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	25.20	26.00	512	03/04/22	Black Lion SC Regional Chaser 2022	Gillingham	SE220600	3
100 Freestyle	55.69	57.20	521	11/12/21	National Arena Swimming League South Round 3	Tunbridge Wells	SE211583	3
200 Freestyle	2:12.47	2:15.10	422	23/06/19	Folkestone Sports Centre Club Championships	Folkestone	SE192361	4
400 Freestyle	4:49.00	4:53.80	396	21/06/19	Folkestone Sports Centre Club Championships	Folkestone	SE192359	4
800 Freestyle	9:51.19	10:00.90	421	14/09/18	Folkestone Sports Centre Club Championships 2018	Folkestone	SE181754	4
1500 Freestyle	18:59.25	19:17.20	410	13/09/19	Folkestone Sports Centre Club Championships	Folkestone	SE192363	4
50 Breaststroke	31.46	32.40	498	23/06/21	Folkestone	Folkestone	LEX2471	0
100 Breaststroke	1:09.12	1:10.90	511	06/11/21	SE South East Open/Junior Swimming Championships	Winchester	SE211170	2
200 Breaststroke	2:35.09	2:38.50	465	28/06/21	Folkestone	Folkestone	LEX2546	0
50 Butterfly	27.48	28.20	495	19/12/21	East Invicta Championships	Dover	SE211496	3
100 Butterfly	1:02.90	1:04.10	438	30/11/19	East Invicta ASA Championships	Canterbury	SE191664	3
200 Butterfly	2:34.81	2:36.80	328	17/06/19	Folkestone Sports Centre Club Championships	Folkestone	SE192358	4
50 Backstroke	29.71	30.40	412	21/06/21	Folkestone	Folkestone	LEX2302	0
100 Backstroke	1:04.76	1:06.00	415	10/11/18	National Arena Swimming League South Round 2	Burgess Hill	SE182666	3
200 Backstroke	2:33.06	2:35.20	328	30/06/18	Folkestone Sports Centre Club Championships 2018	Folkestone	SE181752	4
200 Individual Medley	2:19.90	2:22.70	481	13/11/21	National Arena Swimming League South - Round Two	Bexleyheath	SE211365	3
400 Individual Medley	6:30.29	6:34.80	217	04/10/15	East Invicta Annual Championships	Canterbury	SE151597	2
100 Individual Medley	1:05.99	1:06.00	416	24/11/18	East Invicta Championships 2018	Canterbury	SE182217	3