

Individual Best Times (All Time)

Adam Cox - (950995) - University of Bath SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	26.34	25.50	500	04/05/24	City of Swansea Aquatics MAY LC Open Meet 2024	Swansea	WL240501	1
100 Freestyle	57.66	56.20	536	04/05/24	City of Swansea Aquatics MAY LC Open Meet 2024	Swansea	WL240501	1
200 Freestyle	2:32.11	2:29.80	301	08/04/18	Bracknell Wokingham Spring Level 3 Open Meet	Aldershot	SE180410	3
400 Freestyle	4:58.17	4:53.40	402	12/01/19	Berkshire & S Buckinghamshire County Champs 2019	Wycombe	SE190015	1
50 Breaststroke	48.84	48.20	149	25/03/17	Bracknell Wokingham Spring Level 3 Open Meet	Aldershot	SE170537	3
50 Butterfly	28.20	27.50	492	05/05/24	City of Swansea Aquatics MAY LC Open Meet 2024	Swansea	WL240501	1
50 Backstroke	30.22	29.50	473	12/01/20	BSBASA County Championships	Wycombe	SE200053	1
100 Backstroke	1:06.08	1:04.90	476	11/01/20	BSBASA County Championships	Wycombe	SE200053	1
200 Backstroke	2:48.42	2:46.40	293	25/02/18	Rushmoor Royals Regional Qualifier Open Meet	Aldershot	SE180239	3
200 Individual Medley	2:37.60	2:35.10	378	17/02/19	Wycombe Dual Award Long Course Meet	Wycombe	SE190417	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.29	29.00	361	28/09/19	Rushmoor Royals 50m Challenge 2019	Hart	SE192485	3
100 Freestyle	59.46	1:00.80	428	09/11/19	National Arena Swimming League South Round Two	Westcroft LC	SE193238	3
200 Freestyle	2:11.24	2:13.90	434	06/07/19	Bracknell & Wokingham Club Championships 2019	Bracknell	SE191518	4
400 Freestyle	4:56.35	5:01.10	367	29/09/18	RR Winter National & Regional Qualifier L2 Meet	Hart	SE181933	2
800 Freestyle	10:25.71	10:34.90	355	12/06/18	Bracknell & Wokingham Club Distance Championships	Bracknell	SE180766	4
1500 Freestyle	20:37.06	20:53.70	320	05/06/18	Bracknell & Wokingham Club Distance Championships	Bracknell	SE180765	4
50 Breaststroke	37.83	38.70	286	28/09/19	Rushmoor Royals 50m Challenge 2019	Hart	SE192485	3
100 Breaststroke	1:21.90	1:23.40	307	22/06/19	The Bracknell Level 3 Open Meet 2019	Bracknell	SE191644	3
200 Breaststroke	3:42.75	3:45.10	156	15/10/16	Bracknell & Wokingham 2016 Club Champs	Bracknell	SE160656	4
50 Butterfly	30.40	31.00	366	02/11/20	Bracknell & Wokingham SC	Lambrook School	LEX221	0
100 Butterfly	1:09.87	1:10.90	319	24/11/19	Bracknell Level 3 County Qualifier and Relay Meet	Bracknell	SE192393	3
50 Backstroke	31.40	32.00	349	07/12/19	Bracknell & Wokingham 2019 President's Cup	Bracknell	SE192425	4
100 Backstroke	1:05.32	1:06.50	405	09/11/19	National Arena Swimming League South Round Two	Westcroft LC	SE193238	3
200 Backstroke	2:23.36	2:25.70	400	06/10/19	Rushmoor Royals Autumn County Chaser 2019	Aldershot	SE192402	3
200 Individual Medley	2:28.15	2:30.80	405	20/07/19	Bracknell & Wokingham Club Championships 2019	Bracknell	SE191519	4
100 Individual Medley	1:08.86	1:08.90	366	02/11/20	Bracknell & Wokingham SC	Lambrook School	LEX221	0