

Individual Best Times (All Time)

Adam Hamstead - (969320) - Rotherham Metro Water Polo Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	33.57	32.90	241	06/05/17	Rotherham Metro Springtime Long Course Meet	Sheffield	NE170390	3
100 Freestyle	1:24.15	1:23.10	172	21/01/17	Rotherham Metro 'A' & 'B' Grade Long Course Meet	Sheffield	NE170150	3
200 Freestyle	2:54.84	2:52.80	198	06/05/17	Rotherham Metro Springtime Long Course Meet	Sheffield	NE170390	3
50 Breaststroke	56.57	56.00	96	01/02/15	Sheffield & District ASA Championships	Sheffield	NE150146	4
100 Breaststroke	1:38.20	1:36.90	194	21/01/18	Rotherham Metro 'A' & 'B' Grade Long Course Meet	Sheffield	NE180029	3
50 Butterfly	40.50	40.00	166	21/01/17	Rotherham Metro 'A' & 'B' Grade Long Course Meet	Sheffield	NE170150	3
100 Butterfly	1:38.49	1:37.70	126	06/05/17	Rotherham Metro Springtime Long Course Meet	Sheffield	NE170390	3
50 Backstroke	40.63	40.10	194	21/01/17	Rotherham Metro 'A' & 'B' Grade Long Course Meet	Sheffield	NE170150	3
100 Backstroke	1:35.06	1:34.20	159	23/01/16	Rotherham Metro A&B Grade LC Meet	Sheffield	NE160160	3
200 Individual Medley	3:13.00	3:10.90	206	21/01/18	Rotherham Metro 'A' & 'B' Grade Long Course Meet	Sheffield	NE180029	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	34.44	35.00	200	23/04/17	Borough of Kirklees Spring Short Course Open Meet	Huddersfield	NE170389	3
100 Freestyle	1:17.08	1:18.20	196	23/04/17	Borough of Kirklees Spring Short Course Open Meet	Huddersfield	NE170389	3
200 Freestyle	2:31.33	2:33.60	283	14/07/18	Rotherham Metro A & B Grade SC	Sheffield	NE180245	3
400 Freestyle	6:34.99	6:38.50	155	18/07/15	Rotherham Metro A & B Grade Short Course Meet	Sheffield	NE150503	3
50 Breaststroke	43.77	44.50	185	05/03/17	Doncaster Dartes March Sprints	Adwick	NE170458	3
50 Butterfly	36.21	36.70	216	14/07/18	Rotherham Metro A & B Grade SC	Sheffield	NE180245	3
100 Butterfly	1:39.64	1:40.40	110	18/07/15	Rotherham Metro A & B Grade Short Course Meet	Sheffield	NE150503	3
50 Backstroke	41.98	42.50	146	05/03/17	Doncaster Dartes March Sprints	Adwick	NE170458	3
100 Backstroke	1:28.36	1:29.30	163	03/07/16	Bo Barnsley Annual Summer Sizzler	Sheffield	NE160959	3
200 Backstroke	3:29.49	3:31.10	128	19/07/14	Rotherham Metro A&B Grade SC Meet	Sheffield	NE4138	3
200 Individual Medley	3:26.10	3:28.00	150	05/07/15	Borough of Barnsley 8th Annual Summer Sizzler	Sheffield	NE150893	3
100 Individual Medley	1:23.79	1:23.80	203	14/07/18	Rotherham Metro A & B Grade SC	Sheffield	NE180245	3