

# Individual Best Times (All Time)

James Adams - (42505) - Teddington SC - 100 Freestyle - Long Course

Performance Graph

Drag to Zoom, right click to reset.

## Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
52.35	717	F	03/05/14	London Region Youth Championships 2014	London	Teddington	1
52.48	711	H	08/08/14	BG ASA Youth & MC Championships 2014	Sheffield		1
52.65	705	F	09/04/16	London Region Summer Championships	London	Teddington	1
52.82	698		04/08/15	ASA Summer Nationals 2015	Sheffield	Teddington	1
52.88	695	H	03/05/14	London Region Youth Championships 2014	London	Teddington	1
52.93	693	F	12/03/16	Wycombe Inaugural LC Premier Meet	Wycombe	Teddington	1
52.94	693		06/02/16	FFN Golden Tour Amiens	France	Teddington	1
52.99	691	F	13/02/15	FFN Golden Tour Amiens	Amiens, France	Teddington	1
53.01	690	H	09/04/16	London Region Summer Championships	London	Teddington	1
53.14	685	H	10/05/15	London Region Summer Championships	London		1
53.17	684	H	12/05/13	Beckenham SC International Open Meet	Crystal Palace	Teddington	1
53.25	681	F	10/05/15	London Region Summer Championships	London		1
53.39	676	H	17/05/14	MCASA Long Course Championships 2014	Surrey	Teddington	1
53.63	667	F	28/05/16	Plymouth Leander Level 1 National Qualifier 2016	Plymouth		1
53.66	665	F	17/05/14	MCASA Long Course Championships 2014	Surrey	Teddington	1
53.66	665	H	31/05/15	London Region Last Chance Meet	London		1
53.68	665	H	31/01/15	London Swimming South Region Zonal Meet 2015	London Aquatic Cent		1
53.75	662	H	09/02/14	16th Luxembourg Euro-Meet 2014	Luxembourg	Teddington	1
53.97	654	H	15/12/12	Hillingdon SC Level 1 Winter Open Meet	Hillingdon	Teddington	1
53.97	654	F	28/05/16	Plymouth Leander Level 1 National Qualifier 2016	Plymouth		1
54.17	647	H	04/05/13	London Region Youth Championships	London	Teddington	1
54.26	644	F	31/01/15	London Swimming South Region Zonal Meet 2015	London Aquatic Cent		1
54.33	641	H	05/05/12	London Swimming Youth Championships	Crystal Palace	Teddington	1
54.50	635	F	15/12/12	Hillingdon SC Level 1 Winter Open Meet	Hillingdon	Teddington	1
54.53	634	F	14/12/13	London National Arena Swimming League	Basildon	Teddington	1
54.55	633	F	04/05/13	London Region Youth Championships	London	Teddington	1
54.56	632	F	05/05/13	London Swimming Youth Championships	Crystal Palace	Teddington	1

54.56	653	F	03/03/12	London Swimming Youth Championships	Crystal Palace	Teddington	1
54.62	631	F	21/12/13	Hillingdon Winter Open Meet	Hillingdon	Teddington	1
54.69	629	H	25/01/14	ASA South Zonal Competition	Millfield School	Teddington	1
54.77	626	H	26/05/12	Greenwich Borough ASA Beacon Open Meet	Crystal Palace	Teddington	1
54.98	619	F	03/12/11	BG London Region Winter Championships	London	Teddington	1
55.22	611	H	03/12/11	BG London Region Winter Championships	London	Teddington	1
55.23	610	F	26/04/15	Millfield & Taunton Super Series (LC)	Millfield	Teddington	1
55.27	609	H	19/04/14	Rushmoor Royals Easter L1 Open Meet	Aldershot	Teddington	1
55.79	592	F	08/12/12	London Arena League Final	Basildon	Teddington	1
55.89	589	F	25/01/14	ASA South Zonal Competition	Millfield School	Teddington	1
56.29	576	F	21/11/09	Crawley Not So Early Bird	Crawley	Teddington	1
56.81	561	H	08/01/10	Welsh New Year Dragon	Swansea	Teddington	1
56.84	560	H	17/04/11	The Arena National Swimming League Cup Fin	Sheffield	Teddington	1
57.14	551	H	18/10/08	Lincoln Vulcans LC Open	Sheffield	Teddington	1
57.20	549	H	24/01/09	Burns Meet 2009	Sheffield	Teddington	1
58.07	525		03/05/08	South East Region Youths	Aldershot	Teddington	1
58.43	515		19/04/08	Crawley Spring Open Meet	Crawley	Teddington	1
58.50	513		20/03/08	Welsh Age & Youth Champs	Swansea	Teddington	1
58.66	509		18/04/09	Crawley Spring Meet 2009	Crawley	Teddington	1
58.86	504		02/05/09	South East Region Champs	Aldershot	Teddington	1
59.45	489		03/11/07	South East Winter Champs	Crawley	Teddington	1
59.78	481		29/11/08	Welsh Capital Open Meet	Cardiff	Teddington	2
59.93	478	H	20/05/07	Bracknell Open Meet	Aldershot	Teddington	2
59.95	477		02/06/07	South East Age Groups	Crawley	Teddington	1
1:00.63	461	H	14/04/07	Crawley Spring LC Meet	Crawley	Teddington	1
1:01.95	432		09/05/10	ASA SE Region Youth Champs	Portsmouth	Teddington	1
1:02.66	418		12/01/07	WASA New Year Dragon Meet	Swansea	Teddington	1
1:03.70	398	H	03/06/06	South East Region Age Gps	Crawley	Teddington	1
1:06.19	354		20/01/06	Welsh New Year Dragon Meet	Swansea	Teddington	1
1:06.28	353	H	14/04/06	Crawley Spring Meet	Crawley	Teddington	2
1:07.37	336		13/02/10	Wycombe District Annual Meet	High Wycombe	Teddington	1
1:12.30	272	H	12/06/04	SCASA Cheestings Bagcat Champ	Crystal Palace	Teddington	1
1:13.47	259		25/03/05	Leatherhead Easter Meet	Crystal Palace	Teddington	1
1:14.30	250	H	23/05/04	Bracknell Open Meet 2004	Aldershot	Teddington	1
1:16.58	229	H	15/06/03	Southern Counties Bagcats Meet	Crystal Palace	Teddington	1

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