

Individual Best Times (All Time)

Niamh Adcock - (829209) - City of Norwich SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.93	27.20	604	16/04/22	City of Norwich SC Easter Meet 2022	Norwich	ER220002	1
100 Freestyle	1:02.17	1:00.80	575	11/05/19	Rotherham Metro Springtime Long Course Meet	Sheffield	NE190335	3
200 Freestyle	2:16.62	2:14.10	563	12/05/19	Rotherham Metro Springtime Long Course Meet	Sheffield	NE190335	3
50 Breaststroke	42.86	42.10	314	12/07/14	City of Norwich SC Mid-Summer Madness Open	Norwich	ER4037	3
100 Breaststroke	1:36.81	1:35.50	290	12/07/14	City of Norwich SC Mid-Summer Madness Open	Norwich	ER4037	3
200 Breaststroke	4:11.89	4:09.80	162	09/04/11	City of Norwich Easter Meet	Norwich	ER1130	1
50 Butterfly	30.42	29.80	517	16/04/22	City of Norwich SC Easter Meet 2022	Norwich	ER220002	1
100 Butterfly	1:07.90	1:06.80	545	25/02/23	BUCS Long Course Swimming Championships 2023	Sheffield	NE230349	1
200 Butterfly	2:35.91	2:33.90	476	04/05/19	Swim England East Region Long Course Champs	Inspire Luton	ER190178	1
50 Backstroke	37.06	36.50	380	08/02/14	UEA City of Norwich Groundhog LC Meet 2014	Norwich	ER4036	1
100 Backstroke	1:16.38	1:15.30	422	08/02/15	UEA City of Norwich SC February Groundhog Meet	Norwich	ER150078	1
200 Backstroke	3:06.54	3:04.70	287	06/04/12	UEA City of Norwich Easter Meet	Norwich	ER2006	1
200 Individual Medley	2:42.11	2:39.70	470	04/04/15	UEA City of Norwich Easter LC Meet 2015	Norwich	ER150080	1
400 Individual Medley	5:45.80	5:40.70	454	05/04/15	UEA City of Norwich Easter LC Meet 2015	Norwich	ER150080	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.05	27.80	609	19/11/22	BUCS Short Course 2022-23	Sheffield	NE222500	2
100 Freestyle	59.13	1:00.50	613	21/11/21	BUCS Short Course Swimming	Sheffield	NE210935	2
200 Freestyle	2:13.01	2:15.60	570	17/11/19	City of Norwich 2019 November L3 Short Course Open	Norwich	ER192685	3
50 Breaststroke	43.04	43.80	286	25/09/14	City of Norwich SC Club Championships	Norwich	ER14145	4
100 Breaststroke	1:33.62	1:35.00	295	26/09/13	UEA City of Norwich Club Championships	Norwich	ER3636	4
200 Breaststroke	3:31.57	3:34.10	257	11/05/13	West Suffolk SC Open Meet	Bury St Edmunds	ER3267	3
50 Butterfly	29.29	29.90	576	20/11/22	BUCS Short Course 2022-23	Sheffield	NE222500	2
100 Butterfly	1:04.97	1:06.10	575	20/11/21	BUCS Short Course Swimming	Sheffield	NE210935	2
200 Butterfly	2:35.42	2:37.40	455	17/11/18	CoNSC NOVEMBER SHORT COURSE OPEN MEET 2018	NORWICH	ER181898	3
50 Backstroke	36.03	36.60	344	01/11/14	City of Norwich Big Bang Meet	Norwich	ER14144	2
100 Backstroke	1:15.85	1:16.90	378	26/09/14	City of Norwich SC Club Championships	Norwich	ER14145	4
200 Backstroke	2:46.85	2:48.80	362	27/09/14	City of Norwich SC Club Championships	Norwich	ER14145	4
200 Individual Medley	2:39.25	2:41.70	448	20/09/18	CoNSC Club Championships 2018	Norwich	ER180444	4
400 Individual Medley	5:38.67	5:43.80	446	28/02/15	Norfolk County Championships	Thetford	CC150389	2
100 Individual Medley	1:10.59	1:10.60	513	28/09/19	CONSC 2019 Club Champonships	Norwich	ER192690	3