

Individual Best Times (All Time)

Afolabi Adeyinka - (1310455) - Sittingbourne & Milton SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	32.26	31.60	272	22/10/23	Borough of Waltham Forest Gators Level 3 Gala 2023	London	LR231412	3
100 Freestyle	1:16.77	1:15.70	227	22/10/23	Borough of Waltham Forest Gators Level 3 Gala 2023	London	LR231412	3
50 Breaststroke	43.81	43.10	207	22/10/23	Borough of Waltham Forest Gators Level 3 Gala 2023	London	LR231412	3
100 Breaststroke	1:36.97	1:35.70	201	22/10/23	Borough of Waltham Forest Gators Level 3 Gala 2023	London	LR231412	3
50 Butterfly	37.35	36.80	211	22/10/23	Borough of Waltham Forest Gators Level 3 Gala 2023	London	LR231412	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	32.05	32.70	248	26/11/23	Black Lion SC Winter Open Meet 2023	Gillingham	SE230794	3
100 Freestyle	1:10.67	1:11.80	255	30/03/24	2nd Kent Weald Last Chance Regional Qualifier 2024	Gillingham	SE240644	3
200 Freestyle	3:20.36	3:22.10	121	26/11/22	Maidstone SC Level 3 Winter Qualifier 2022	Maidstone	SE220847	3
400 Freestyle	6:28.07	6:31.70	163	15/04/23	Medway ASA Championships 2023	Maidstone	SE230487	3
800 Freestyle	14:35.99	14:42.60	129	23/07/22	Black Lion SC	Medway Park	SE221198	3
50 Breaststroke	41.31	42.10	220	09/07/23	7th Beachfield Summer Open	Gillingham	SE231027	3
100 Breaststroke	1:34.89	1:36.20	197	31/03/24	2nd Kent Weald Last Chance Regional Qualifier 2024	Gillingham	SE240644	3
200 Breaststroke	3:24.24	3:26.80	203	12/11/23	Medway 50/200 Gala 2023	Maidstone	SE230792	3
50 Butterfly	35.71	36.20	225	31/03/24	2nd Kent Weald Last Chance Regional Qualifier 2024	Gillingham	SE240644	3
200 Individual Medley	3:39.62	3:41.40	124	23/10/22	2022 Kent Development Meet	Gillingham	SE221680	3
100 Individual Medley	1:25.97	1:26.00	188	25/06/23	Maidstone Level 3 Summer Development Meet 2023	Maidstone	SE230446	3