

Individual Best Times (All Time)

Sam Adams - (1356997) - Hackney Aquatics Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	26.13	25.30	512	28/01/24	2024 Middlesex County Championships	London	LR240186	1
100 Freestyle	56.83	55.30	560	09/07/23	NUEL SC Joy Atotileto Memorial Open Meet 2023	Stratford	LR230876	3
200 Freestyle	2:25.19	2:22.80	346	15/01/22	City of Derby 18th Level1 Long Course	Ponds Forge	EM220003	1
50 Breaststroke	44.92	44.20	192	09/02/20	The 2020 Middlesex County Championships	London	LR200152	1
100 Breaststroke	1:44.22	1:43.00	162	07/07/19	BWFSC Summer Meet Level 3	London	LR191885	3
50 Butterfly	26.71	26.00	579	28/04/24	SE London Region Summer Championships 2024	London	LR240710	1
100 Butterfly	1:00.95	59.70	534	04/05/24	SE London Region Summer Championships 2024	London	LR240711	1
50 Backstroke	27.59	26.90	621	04/05/24	SE London Region Summer Championships 2024	London	LR240711	1
100 Backstroke	59.92	58.60	638	04/02/24	2024 Middlesex County Championships	Hillingdon	LR240187	1
200 Backstroke	2:12.26	2:09.70	605	05/05/24	SE London Region Summer Championships 2024	London	LR240711	1
200 Individual Medley	2:37.62	2:35.10	378	15/01/22	City of Derby 18th Level1 Long Course	Ponds Forge	EM220003	1
400 Individual Medley	6:24.22	6:19.60	251	21/04/19	BPSC Easter Meet 2019	Basildon	ER190188	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	25.50	26.30	494	23/10/23	CW+Millfield Int'l Meet Part of 23/24 Arena Series	Millfied School	SW231690	2
100 Freestyle	55.58	57.10	525	04/11/23	SE London Winter Championships 2023	Stratford	LR231947	2
200 Freestyle	2:09.34	2:12.00	453	14/10/22	Cambridge Grand Prix	Cambridge	ER221406	2
400 Freestyle	4:53.22	4:58.00	379	28/11/21	Ealing SC Xmas County Qualifier	Northolt	LR210954	3
50 Breaststroke	39.23	40.00	257	28/11/21	Ealing SC Xmas County Qualifier	Northolt	LR210954	3
100 Breaststroke	1:22.42	1:23.90	301	11/12/22	Hackney Aquatics Club Championships 2022	Clissold LC	LR222389	4
50 Butterfly	28.10	28.80	463	09/09/23	Hackney Aquatics Season Starter Meet 2023	Clissold LC	LR231408	3
100 Butterfly	1:02.84	1:04.00	439	12/11/22	National Arena Swimming League-London Rounds 2022	Inspire Luton	ER221794	2
200 Butterfly	2:41.76	2:43.70	288	27/11/21	Ealing SC Xmas County Qualifier	Northolt	LR210954	3
50 Backstroke	26.41	27.20	586	17/12/23	Swim England Winter Championships 2023	Sheffield	ENG029	2
100 Backstroke	57.91	59.30	581	14/12/23	Swim England Winter Championships 2023	Sheffield	ENG029	2
200 Backstroke	2:04.82	2:07.50	606	16/12/23	Swim England Winter Championships 2023	Sheffield	ENG029	2
200 Individual Medley	2:25.13	2:27.80	431	11/12/22	Hackney Aquatics Club Championships 2022	Clissold LC	LR222389	4
400 Individual Medley	4:57.02	5:02.90	494	24/06/23	Nuneaton & Bedworth SC End of Season Open Meet 23	Nuneaton	WM230269	3
100 Individual Medley	1:25.09	1:25.10	194	25/11/18	Hackney Aquatics Club Championships	London	LR182024	4