

Individual Best Times (All Time)

Fraser Adamson - (1428179) - City of Southampton SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	26.54	25.70	489	24/02/24	Hampshire County Swimming Championships 2024	Mountbatten Cen	SE240345	1
100 Freestyle	59.14	57.70	497	21/01/24	Hampshire County Swimming Championships 2024	Winchester	SE240343	1
200 Freestyle	2:08.47	2:05.70	500	04/05/24	SE South East Region LC Championships 2024	High Wycombe	SE240686	1
400 Freestyle	4:40.40	4:35.40	483	25/03/23	The Winchester Spring Qualifier 2023	Winchester	SE230179	1
800 Freestyle	9:41.49	9:31.50	470	20/01/24	Hampshire County Swimming Championships 2024	Winchester	SE240343	1
1500 Freestyle	20:44.14	20:27.40	343	16/01/22	Hampshire County ASA Swimming Championships 2022	Winchester	SE220380	1
50 Breaststroke	50.33	49.70	137	20/10/19	Neath ASC Open Meet	Swansea	WL191710	3
50 Butterfly	27.96	27.30	505	05/05/24	SE South East Region LC Championships 2024	High Wycombe	SE240686	1
100 Butterfly	1:03.81	1:02.60	465	11/05/24	Team Bath AS & Millfield L1 Last Chance Meet 2024	Millfield	SW240605	1
50 Backstroke	29.89	29.20	489	06/05/24	SE South East Region LC Championships 2024	High Wycombe	SE240686	1
100 Backstroke	1:07.81	1:06.60	440	04/05/24	SE South East Region LC Championships 2024	High Wycombe	SE240686	1
200 Backstroke	2:32.11	2:29.90	398	03/12/23	Portsmouth NSC Christmas LC Last Chance Qualifier	Mountbatten Centre	SE232219	3
200 Individual Medley	2:27.50	2:24.80	461	24/02/24	Hampshire County Swimming Championships 2024	Mountbatten Cen	SE240345	1
400 Individual Medley	5:22.94	5:17.50	423	21/01/24	Hampshire County Swimming Championships 2024	Winchester	SE240343	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.21	27.00	455	25/05/24	Southampton May Open Meet 2024	Southampton	SE240867	3
100 Freestyle	57.80	59.20	466	25/05/24	Southampton May Open Meet 2024	Southampton	SE240867	3
200 Freestyle	2:08.07	2:10.70	467	18/11/23	Swim Bournemouth Winter Meet 2023	Littledown	SW231876	2
400 Freestyle	4:29.30	4:34.50	489	19/11/23	Swim Bournemouth Winter Meet 2023	Littledown	SW231876	2
800 Freestyle	9:26.08	9:36.20	480	25/11/23	City of Southampton SC Time Trial 2023	Southampton	SE231582	4
1500 Freestyle	21:03.48	21:19.70	301	06/10/21	City of Southampton SC Club Championships	The Quays	SE210945	4
50 Breaststroke	36.25	37.10	326	28/09/23	City of Southampton SC Time Trial 2023	Southampton	SE231580	4
100 Breaststroke	1:24.21	1:25.70	282	18/12/22	City of Southampton Christmas Open Meet 2022	Southampton	SE222363	3
200 Breaststroke	2:47.57	2:50.70	368	30/11/23	City of Southampton Time Trials 2023	Southampton	SE232585	4
50 Butterfly	30.63	31.20	358	28/09/23	City of Southampton SC Time Trial 2023	Southampton	SE231580	4
100 Butterfly	1:04.69	1:05.90	402	25/05/24	Southampton May Open Meet 2024	Southampton	SE240867	3
200 Butterfly	2:35.33	2:37.40	325	21/10/23	Rushmoor Royals Autumn L3 SC Open Meet 2023	Aldershot	SE231697	3
50 Backstroke	31.41	32.00	348	18/12/22	City of Southampton Christmas Open Meet 2022	Southampton	SE222363	3
100 Backstroke	1:04.36	1:05.60	423	18/11/23	Swim Bournemouth Winter Meet 2023	Littledown	SW231876	2
200 Backstroke	2:27.85	2:30.10	364	03/06/23	City of Southampton Summer Splash 2023	Southampton	SE230945	3
200 Individual Medley	2:24.89	2:27.60	433	25/05/24	Southampton May Open Meet 2024	Southampton	SE240867	3
400 Individual Medley	5:07.84	5:13.50	443	25/05/24	Southampton May Open Meet 2024	Southampton	SE240867	3
100 Individual Medley	1:09.31	1:09.30	359	03/06/23	City of Southampton Summer Splash 2023	Southampton	SE230945	3