

Individual Best Times (All Time)

Adam Alcock - (780630) - Kingston Upon Hull SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	26.97	26.20	466	08/04/17	Richmond Dales April Fool Gala	Leeds	NE170269	1
100 Freestyle	57.51	56.00	540	30/04/16	ASANER Regional Championships 2016	Sunderland	NE160065	1
200 Freestyle	2:01.34	1:58.50	594	21/05/17	ASA North East Region Championships	Sunderland	NE170146	1
400 Freestyle	4:19.86	4:14.40	607	13/05/17	City of Sheffield No Frills Meet	Sheffield	NE170249	1
1500 Freestyle	18:44.52	18:26.00	464	22/02/15	Yorkshire County Championships	Leeds	NE150623	1
50 Butterfly	28.10	27.40	497	14/05/17	City of Sheffield No Frills Meet	Sheffield	NE170249	1
100 Butterfly	1:01.17	59.90	528	21/05/17	ASA North East Region Championships	Sunderland	NE170146	1
200 Butterfly	2:19.17	2:16.90	498	14/05/16	City of Sheffield Swim Squad No Frills Meet	Sheffield	NE160209	1
50 Backstroke	30.15	29.50	476	08/04/17	Richmond Dales April Fool Gala	Leeds	NE170269	1
100 Backstroke	1:03.88	1:02.60	527	04/11/17	ASA North East Region Senior Junior Champs	Sheffield	NE172045	1
200 Backstroke	2:18.06	2:15.60	532	31/01/16	Burns Open Meet 2016	Sheffield	NE160170	1
200 Individual Medley	2:21.76	2:19.00	520	04/02/17	Yorkshire SA County Championships	Leeds	NE170141	1
400 Individual Medley	5:23.46	5:18.00	421	21/02/15	Yorkshire County Championships	Leeds	NE150623	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	25.77	26.60	478	21/10/17	Yorkshire SA Winter Competition	Sheffield	NE171863	2
100 Freestyle	54.40	55.90	560	22/10/17	Yorkshire SA Winter Competition	Sheffield	NE171863	2
200 Freestyle	1:58.36	2:01.20	591	06/11/16	ASA North East Region Senior Junior Champs	Sunderland	NE162070	2
400 Freestyle	4:11.18	4:16.70	603	07/10/17	Kingston upon Hull Regional Qualifier SC Meet	Ennerdale LC	NE171823	3
800 Freestyle	9:44.94	9:54.70	435	19/09/14	Kingston Upon Hull Club Champs	Hull	NE4308	4
1500 Freestyle	16:44.50	17:04.80	599	25/11/16	KUHSC Club Championships	Hull	NE162570	4
50 Breaststroke	36.39	37.20	322	22/07/17	KUHSC Club Sprints Gala	Hull	NE171670	3
100 Breaststroke	1:18.96	1:20.50	343	02/04/16	Kingston upon Hull Easter Short Course Meet	Hull	NE160430	3
200 Breaststroke	2:47.81	2:50.90	367	02/07/16	KUH End of Season Short Course Meet	Kingston upon Hull	NE160709	3
50 Butterfly	27.30	28.00	505	22/10/17	Yorkshire SA Winter Competition	Sheffield	NE171863	2
100 Butterfly	59.70	1:01.00	512	22/10/17	Yorkshire SA Winter Competition	Sheffield	NE171863	2
200 Butterfly	2:09.41	2:11.80	562	02/07/17	End of Season Short Course Meet	Hull	NE171669	3
50 Backstroke	27.96	28.70	494	22/10/17	Yorkshire SA Winter Competition	Sheffield	NE171863	2
100 Backstroke	1:00.08	1:01.40	520	21/10/17	Yorkshire SA Winter Competition	Sheffield	NE171863	2
200 Backstroke	2:11.37	2:13.90	519	01/07/17	End of Season Short Course Meet	Hull	NE171669	3
200 Individual Medley	2:13.20	2:16.10	557	21/10/17	Yorkshire SA Winter Competition	Sheffield	NE171863	2
400 Individual Medley	4:49.08	4:55.10	535	01/04/16	Kingston upon Hull Easter Short Course Meet	Hull	NE160430	3
100 Individual Medley	1:05.14	1:05.10	432	09/10/16	KUHSC Regional Qualifier Meet	Hull	NE162096	3