

Individual Best Times (All Time)

Seren Adams - (854724) -

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	41.36	40.80	186	21/01/12	Rotherham Metro A & B Grade Gala	Sheffield	NE2002	3
100 Freestyle	1:28.09	1:27.10	202	01/09/12	Worksop Dolphins SC Dukeries Open Meet	Sheffield	EM2255	3
50 Breaststroke	56.83	56.30	135	28/08/11	Worksop Dolphins 27th Dukeries Open Meet	Sheffield	EM1320	4
200 Breaststroke	3:27.29	3:24.70	292	06/06/15	East Kilbride Long Course Open Age Group Meet	East Kilbride	SCO991	2
50 Backstroke	40.08	39.60	300	15/03/14	Yorkshire County Championships	Sheffield	CC4069	1
100 Backstroke	1:32.84	1:32.00	235	01/09/12	Worksop Dolphins SC Dukeries Open Meet	Sheffield	EM2255	3
200 Backstroke	3:35.36	3:33.80	186	21/01/12	Rotherham Metro A & B Grade Gala	Sheffield	NE2002	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	35.76	36.30	263	20/04/14	Doncaster Dartes Minster Meet 2014	Beverley	NE4702	3
100 Freestyle	1:18.16	1:19.20	265	31/01/15	Mags 2015	Grangemouth	SCO944	2
200 Freestyle	2:46.01	2:48.10	293	31/01/15	Mags 2015	Grangemouth	SCO944	2
50 Breaststroke	41.51	42.30	319	25/10/15	Alloa Graded Meet 2015	Alloa	SCO1032	2
100 Breaststroke	1:30.77	1:32.20	324	15/11/14	West District SC JAG Championships	Cumbernauld	SCO924	1
200 Breaststroke	3:12.20	3:14.90	343	16/11/14	West District SC JAG Championships	Cumbernauld	SCO924	1
50 Butterfly	40.80	41.30	213	20/04/14	Doncaster Dartes Minster Meet 2014	Beverley	NE4702	3
100 Butterfly	1:48.24	1:48.90	124	14/04/13	Kingston Upon Hull & District SA Champs	Ennerdale	NE3411	4
50 Backstroke	37.91	38.40	295	20/09/14	Stirling Autumn Meet	Stirling	SCO898	2
100 Backstroke	1:20.39	1:21.40	318	31/01/15	Mags 2015	Grangemouth	SCO944	2
200 Backstroke	2:56.04	2:57.90	308	26/10/14	Alloa Graded Meet 2014	Stirling	SCO891	2
200 Individual Medley	3:04.85	3:07.00	286	15/03/15	Barracudas A B Short Course Sprints Gala	Beverley	NE150263	3
100 Individual Medley	1:24.88	1:24.90	295	26/10/14	Alloa Graded Meet 2014	Stirling	SCO891	2