

Individual Best Times (All Time)

Jonathon Adam - (921739) - University of Bath SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	24.54	23.70	618	22/06/19	2019 Long Course Summer Open	London	LR191494	1
100 Freestyle	53.93	52.40	656	05/05/18	East Swimming Long Course Championships 2018	Norwich	ER180213	1
200 Freestyle	1:57.27	1:54.30	658	18/01/20	Flanders Swimming Cup	Antwerp, Belgium	GBR1283	1
50 Butterfly	26.38	25.70	601	30/07/17	British Summer Championships	Sheffield	BSW002	1
50 Backstroke	25.09	24.30	826	12/08/23	European U23 Swimming Championships	Dublin	INT407	1
100 Backstroke	53.45	51.90	899	11/08/23	European U23 Swimming Championships	Dublin	INT407	1
200 Backstroke	2:01.92	1:59.20	773	04/06/21	British Swimming Glasgow Meet 2021 Seniors	Glasgow	BSW017	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	23.93	24.80	597	19/10/19	Manchester International Meet 2019	Manchester	NW190443	2
100 Freestyle	51.54	53.10	658	20/10/19	Manchester International Meet 2019	Manchester	NW190443	2
200 Freestyle	1:52.63	1:55.70	686	14/12/19	Scottish National Short Course Championships	Edinburgh	SCO1762	2
400 Freestyle	4:02.37	4:08.10	671	15/11/19	Stockport Metro November SC Open Meet	Grand Central Pools	NW192983	2
1500 Freestyle	17:09.29	17:29.10	556	28/09/19	Oswestry Otters & Ellesmere College Titans	Ellesmere College	WM191797	4
50 Breaststroke	37.32	38.20	298	24/11/16	City of Cambridge Club Championships	Cambridge	ER162214	4
50 Butterfly	26.11	26.80	578	18/11/18	Stockport Metro November Short Course Open Meet	Stockport	NW182014	2
100 Butterfly	1:02.06	1:03.30	456	28/09/19	Oswestry Otters & Ellesmere College Titans	Oswestry	WM191796	4
200 Butterfly	2:20.94	2:23.20	435	29/09/19	Oswestry Otters & Ellesmere College Titans	Oswestry	WM191796	4
50 Backstroke	23.67	24.50	815	05/12/23	LEN European Short Course Championships 2023	Bucharest	INT409	2
100 Backstroke	51.20	52.70	841	05/12/23	LEN European Short Course Championships 2023	Bucharest	INT409	2
200 Backstroke	1:55.31	1:58.20	768	03/12/21	Swim England National Winter Championships (25m)	Sheffield	ENG020	2
200 Individual Medley	2:18.03	2:20.90	501	28/09/19	Oswestry Otters & Ellesmere College Titans	Oswestry	WM191796	4
400 Individual Medley	4:57.17	5:03.00	493	29/09/19	Oswestry Otters & Ellesmere College Titans	Oswestry	WM191796	4
100 Individual Medley	1:07.91	1:07.90	382	19/11/16	City of Cambridge Club Championships	Cambridge	ER162212	4