

Individual Best Times (Masters)

Adam Acland - (14952) - Teddington SC

Long Course

Stroke	Time	FINA Pts	Swim Date	Meet	Venue	Licence	Level
50 Freestyle	27.51	439	01/06/02	Great Britain Masters Champs	Crystal Palace	ASA022	0
100 Freestyle	1:02.63	418	13/05/23	Yorkshire Masters & Senior Age Group Competition 2	Leeds	MAS1038	0
200 Freestyle	2:10.47	477	15/09/09	European Championships 2009	Cadiz	MAS151	0
400 Freestyle	4:40.51	482	15/09/09	European Championships 2009	Cadiz	MAS151	0
800 Freestyle	10:09.67	407	24/01/09	South East Masters Long Course	Crawley	MAS148	0
50 Breaststroke	36.52	358	13/05/23	Yorkshire Masters & Senior Age Group Competition 2	Leeds	MAS1038	0
50 Butterfly	29.53	428	15/06/19	British Masters Champs 2019	Swansea	MAS853	0
100 Butterfly	1:06.24	416	15/06/19	British Masters Champs 2019	Swansea	MAS853	0
200 Butterfly	2:24.06	449	09/06/12	Fina Masters World Champs 2012	Riccione, Italy	MAS330	0
50 Backstroke	33.98	332	13/05/23	Yorkshire Masters & Senior Age Group Competition 2	Leeds	MAS1038	0
100 Backstroke	1:15.15	323	25/07/15	Rushmoor Royals Masters Meet	Aldershot	MAS554	0
200 Backstroke	2:24.36	465	15/09/09	European Championships 2009	Cadiz	MAS151	0
200 Individual Medley	2:27.53	461	09/06/12	Fina Masters World Champs 2012	Riccione, Italy	MAS330	0
400 Individual Medley	5:18.05	443	09/06/12	Fina Masters World Champs 2012	Riccione, Italy	MAS330	0

Short Course

Stroke	Time	FINA Pts	Swim Date	Meet	Venue	Licence	Level
50 Freestyle	26.25	452	07/03/09	Bracknell Masters Open Meet	Bracknell	MAS163	0
100 Freestyle	56.68	495	28/11/09	Berks & South Bucks Masters	Maidenhead	MAS190	0
200 Freestyle	2:04.23	511	24/10/09	BG ASA Masters & Age Grps 2009	Sheffield	MAS156	0
400 Freestyle	4:27.39	500	24/10/09	BG ASA Masters & Age Grps 2009	Sheffield	MAS156	0
800 Freestyle	9:26.04	480	28/10/12	BG ASA Masters & Senior Meet	Sheffield	MAS335	0
1500 Freestyle	18:05.55	474	24/10/14	ASA Masters Short Course Meet 2014	Sheffield	MAS494	0
50 Breaststroke	34.42	380	07/06/15	Middlesex County ASA Masters Championships	Barnet	MAS538	0
100 Breaststroke	1:16.67	374	07/03/09	Bracknell Masters Open Meet	Bracknell	MAS163	0
200 Breaststroke	2:54.62	325	06/03/10	Bracknell Masters Meet 2010	Bracknell	MAS233	0
50 Butterfly	28.83	429	07/03/09	Bracknell Masters Open Meet	Bracknell	MAS163	0
100 Butterfly	1:03.62	423	28/11/09	Berks & South Bucks Masters	Maidenhead	MAS190	0
200 Butterfly	2:20.84	436	25/10/08	the asa Masters (25m) 2008	Sheffield	MAS094	0
50 Backstroke	31.40	349	11/06/06	Middlesex Masters Meet	Enfield	MAS019	0
100 Backstroke	1:04.66	417	28/11/09	Berks & South Bucks Masters	Maidenhead	MAS190	0
200 Backstroke	2:16.89	459	25/10/09	BG ASA Masters & Age Grps 2009	Sheffield	MAS156	0
200 Individual Medley	2:21.53	464	24/10/09	BG ASA Masters & Age Grps 2009	Sheffield	MAS156	0
400 Individual Medley	5:07.55	445	25/10/14	ASA Masters Short Course Meet 2014	Sheffield	MAS494	0
100 Individual Medley	1:05.62	423	11/06/06	Middlesex Masters Meet	Enfield	MAS019	0