

Individual Best Times (Masters)

James Adcock - (844671) - City of Norwich SC

Long Course

Stroke	Time	FINA Pts	Swim Date	Meet	Venue	Licence	Level
100 Freestyle	1:11.26	284	11/05/19	Norfolk Masters Long Course Open	Norwich	MAS841	0
50 Butterfly	34.87	260	11/05/19	Norfolk Masters Long Course Open	Norwich	MAS841	0
50 Backstroke	38.15	235	13/05/17	Norfolk Masters Meet	Norwich	MAS680	0
100 Backstroke	1:24.77	225	23/01/16	SER Long Course Masters Meet	Crawley	MAS585	0
200 Individual Medley	3:15.45	198	24/01/16	SER Long Course Masters Meet	Crawley	MAS585	0

Short Course

Stroke	Time	FINA Pts	Swim Date	Meet	Venue	Licence	Level
50 Freestyle	30.22	296	19/05/12	Norfolk Masters County Meet	Norwich	MAS340	0
100 Freestyle	1:06.62	304	17/02/13	Sudbury & Dist Valentines Meet	Sudbury	MAS395	0
200 Freestyle	2:34.74	264	06/10/12	East Region Masters Meet	Newmarket	MAS359	0
400 Freestyle	5:36.64	250	05/10/13	ASA East Region Open Masters	Newmarket	MAS410	0
1500 Freestyle	22:18.38	253	26/10/18	Swim England Masters Meet 2018	Sheffield	MAS801	0
50 Breaststroke	45.63	163	03/10/20	City of Norwich SC	UEA	LEX001	0
50 Butterfly	34.03	261	19/05/12	Norfolk Masters County Meet	Norwich	MAS340	0
100 Butterfly	1:25.75	172	17/02/13	Sudbury & Dist Valentines Meet	Sudbury	MAS395	0
50 Backstroke	37.89	198	07/04/24	Newmarket Masters Meet 2024	Newmarket	MAS1144	0
100 Backstroke	1:23.99	190	06/01/24	Chelmsford Magnificent Masters Meet 2024	Chelmsford	MAS1114	0
200 Backstroke	3:02.43	194	05/10/13	ASA East Region Open Masters	Newmarket	MAS410	0
200 Individual Medley	3:14.46	179	29/09/19	Swim England East Region Seniors & Masters	Newmarket	MAS877	0
100 Individual Medley	1:20.94	225	19/05/12	Norfolk Masters County Meet	Norwich	MAS340	0