

Individual Best Times (Masters)

Sarah Adcock - (892605) - City of Norwich SC

Long Course

Stroke	Time	FINA Pts	Swim Date	Meet	Venue	Licence	Level
50 Freestyle	40.75	194	24/03/19	London Regional Masters Chmps 2019	London	MAS833	0
50 Breaststroke	46.92	240	02/06/23	British Masters Championships	Sheffield	MAS1046	0
100 Breaststroke	1:47.05	214	15/06/19	British Masters Champs 2019	Swansea	MAS853	0
200 Breaststroke	4:03.04	181	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	39.62	193	26/10/18	Swim England Masters Meet 2018	Sheffield	MAS801	0
100 Freestyle	1:33.87	153	02/03/19	Essex Master Championships 209	Basildon	MAS825	0
50 Breaststroke	45.62	240	07/03/20	Essex Masters 2020	BSV	MAS913	0
100 Breaststroke	1:42.15	227	02/03/19	Essex Master Championships 209	Basildon	MAS825	0
200 Breaststroke	3:51.16	197	29/09/19	Swim England East Region Seniors & Masters	Newmarket	MAS877	0
50 Butterfly	51.20	107	07/04/24	Newmarket Masters Meet 2024	Newmarket	MAS1144	0
50 Backstroke	57.09	86	03/10/20	City of Norwich SC	UEA	LEX001	0
100 Individual Medley	1:55.08	118	16/05/15	Norfolk County ASA Open Masters	Norwich	MAS539	0