

Individual Best Times (All Time)

Kieran Adams - (930274) - Staines Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	25.43	24.60	555	15/02/20	The 2020 Middlesex County Championships	London	LR200153	1
100 Freestyle	56.12	54.60	582	08/02/20	The 2020 Middlesex County Championships	London	LR200152	1
200 Freestyle	2:03.84	2:01.00	558	09/02/20	The 2020 Middlesex County Championships	London	LR200152	1
400 Freestyle	4:22.58	4:17.20	588	05/08/18	Swim Wales Summer Nationals	Swansea	WL180091	1
800 Freestyle	9:12.43	9:01.90	548	14/03/20	2020 Wycombe Long Course Premier Meet	Wycombe	SE200376	1
1500 Freestyle	17:25.95	17:06.10	577	06/05/18	Swim England South East Championships 2018	Wycombe	SE181206	1
50 Breaststroke	40.34	39.60	266	25/03/17	MCASA Open Meet	London	LR170009	1
200 Breaststroke	3:03.82	3:00.90	318	26/03/17	MCASA Open Meet	London	LR170009	1
50 Butterfly	28.30	27.60	487	09/02/20	The 2020 Middlesex County Championships	London	LR200152	1
100 Butterfly	1:04.21	1:03.00	456	22/02/20	Rushmoor Royals L3 Spring Regional Qualifier	Aldershot	SE200611	3
200 Butterfly	2:21.94	2:19.70	469	07/04/19	Guildford City Level 1 Spring Open Meet	Surrey Sports Park	SE190010	1
50 Backstroke	31.70	31.10	410	01/12/18	Rushmoor Royals Last Chance County Qualifier Meet	Aldershot	SE182310	3
100 Backstroke	1:04.08	1:02.80	522	15/02/20	The 2020 Middlesex County Championships	London	LR200153	1
200 Backstroke	2:19.93	2:17.50	511	08/02/20	The 2020 Middlesex County Championships	London	LR200152	1
200 Individual Medley	2:19.64	2:16.80	544	15/02/20	The 2020 Middlesex County Championships	London	LR200153	1
400 Individual Medley	5:01.35	4:55.50	521	06/04/19	Guildford City Level 1 Spring Open Meet	Surrey Sports Park	SE190010	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	25.81	26.60	476	14/07/19	Black Swan Summer Sprint Meet	Hart LC	SE191785	3
100 Freestyle	55.37	56.90	531	09/11/19	National Arena Swimming League South Round Two	Portsmouth	SE193247	3
200 Freestyle	1:59.98	2:02.80	568	14/04/19	Black Swan Regional Qualifier Meet 2019	Elmbridge Xcel	SE191276	3
400 Freestyle	4:16.68	4:22.10	565	10/03/19	Hart Sprint Level 3 Open Meet 2019	Hart LC	SE190319	3
800 Freestyle	9:10.38	9:20.80	522	24/11/19	Staines County Qualifier	SPELTHORNE	SE193254	3
1500 Freestyle	17:47.97	18:07.10	498	12/11/17	Windsor Winter Distance Meet	Maidenhead	SE171477	3
50 Breaststroke	33.97	34.90	396	14/04/19	Black Swan Regional Qualifier Meet 2019	Elmbridge Xcel	SE191276	3
100 Breaststroke	1:14.81	1:16.50	403	13/04/19	Black Swan Regional Qualifier Meet 2019	Elmbridge Xcel	SE191276	3
200 Breaststroke	2:43.54	2:46.70	396	24/11/18	Black Swan Winter Meet 2018	Elmbridge Xcel	SE182150	3
50 Butterfly	27.72	28.40	483	02/02/20	Staines Development Meet	Staines	SE200356	3
100 Butterfly	1:01.66	1:02.90	465	02/02/20	Staines Development Meet	Staines	SE200356	3
200 Butterfly	2:19.49	2:21.70	449	28/10/18	Hart SC Autumn Level 3 Open Meet 2018	Hart	SE181205	3
50 Backstroke	29.36	30.00	427	14/04/19	Black Swan Regional Qualifier Meet 2019	Elmbridge Xcel	SE191276	3
100 Backstroke	1:03.02	1:04.30	451	14/04/19	Black Swan Regional Qualifier Meet 2019	Elmbridge Xcel	SE191276	3
200 Backstroke	2:15.37	2:17.80	475	03/11/19	Swim England South East Open Junior Championships	Portsmouth	SE192925	2
200 Individual Medley	2:16.58	2:19.40	517	23/06/19	Staines Club Championships 2019	Staines	SE191777	4
400 Individual Medley	4:50.69	4:56.70	527	09/03/19	Hart Sprint Level 3 Open Meet 2019	Hart LC	SE190319	3
100 Individual Medley	1:05.84	1:05.80	419	14/07/19	Black Swan Summer Sprint Meet	Hart LC	SE191785	3