

Individual Best Times (All Time)

Adam Raynes - (418273) - Kidlington & Gosford SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	25.97	25.20	521	20/12/14	Derventio Excel 2nd Christmas Cracker	Sheffield	EM4932	1
100 Freestyle	57.25	55.80	548	07/02/15	Derventio Excel February Festival	Sheffield	EM150033	1
200 Freestyle	2:11.66	2:09.00	464	18/05/13	Rotherham Metro Level 1 Open Meet	Sheffield	NE3049	1
400 Freestyle	4:55.10	4:50.30	414	18/02/18	BUCS Long Course Swimming Championships	Sheffield	NE180246	1
50 Breaststroke	31.06	30.00	583	17/02/18	BUCS Long Course Swimming Championships	Sheffield	NE180246	1
100 Breaststroke	1:09.97	1:08.20	537	24/05/14	Team Luton Last Chance National Qualifier 2014	Luton	ER4086	1
200 Breaststroke	2:35.58	2:32.20	524	04/05/14	Midland Swimming - 2014 Youth Championships	Corby	EMR411	1
50 Butterfly	30.45	29.80	391	07/06/13	Cardiff International Open Meet	Cardiff	WAL501	1
50 Backstroke	31.96	31.30	400	18/05/13	Rotherham Metro Level 1 Open Meet	Sheffield	NE3049	1
100 Backstroke	1:06.10	1:04.90	475	20/12/14	Derventio Excel 2nd Christmas Cracker	Sheffield	EM4932	1
200 Backstroke	2:28.67	2:26.40	426	06/05/12	ASA Midlands Youth Championships	Coventry	WMR207	1
200 Individual Medley	2:24.65	2:21.90	489	08/06/14	Cardiff International Open Meet	Cardiff	WAL573	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	25.08	25.90	519	14/11/15	BUCS Short Course Championships	Sheffield	NE151867	2
100 Freestyle	55.01	56.50	541	30/11/14	Nuneaton & Bedworth Open Meet	Nuneaton	WM4261	2
200 Freestyle	2:05.26	2:08.00	499	09/03/14	Leicestershire County Age Groups & Champs	Braunstone	CC4072	2
400 Freestyle	5:11.66	5:16.10	315	07/12/08	Nuneaton & Bedworth Open	Nuneaton	WM8003	2
50 Breaststroke	30.03	31.10	573	11/11/17	BUCS Short Course Swimming Championships	Sheffield	NE172398	2
100 Breaststroke	1:06.83	1:08.70	565	12/11/17	BUCS Short Course Swimming Championships	Sheffield	NE172398	2
200 Breaststroke	2:30.44	2:33.90	509	30/11/13	Nuneaton & Bedworth Winter Meet	Nuneaton	WM3127	2
50 Butterfly	28.91	29.60	425	10/01/15	Leicester Penguins Club Championships	Nuneaton	EM150558	4
100 Butterfly	1:06.77	1:07.90	366	04/11/12	Nuneaton & Bedworth Club Championships	Nuneaton	WM2835	4
50 Backstroke	30.70	31.30	373	06/10/13	Leicester Penguins Open Meet 2013	Braunstone	EM3358	3
100 Backstroke	1:03.57	1:04.80	439	06/10/13	Coventry & District ASC Championships	Nuneaton	WM3625	2
200 Backstroke	2:18.80	2:21.20	440	06/04/13	Nuneaton & Bedworth SC Spring Qualifying	Nuneaton	WM3126	2
200 Individual Medley	2:20.91	2:23.70	470	06/04/13	Nuneaton & Bedworth SC Spring Qualifying	Nuneaton	WM3126	2
400 Individual Medley	5:01.57	5:07.30	472	28/09/13	Leicester Penguins Club Championships	Braunstone	EM3235	4
100 Individual Medley	1:02.79	1:02.80	483	05/10/14	Leicester Penguins Open Meet	Braunstone	EM4336	3