

Individual Best Times (All Time)

Kieron Beames - (546141) - Bristol Henleaze SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	26.28	25.50	503	21/02/15	BUCS Long Course Championships 2015	Sheffield	NE150632	1
100 Freestyle	59.17	57.70	496	22/02/15	BUCS Long Course Championships 2015	Sheffield	NE150632	1
50 Butterfly	28.32	27.60	486	03/05/14	BG ASA SWR Youth Championships 2014	Plymouth	SWR403	1
100 Butterfly	1:05.14	1:04.00	437	20/02/16	BUCS Long Course Championships	Sheffield	NE160130	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	25.92	26.70	470	15/11/14	BUCS Short Course 2014	Sheffield	BUC010	2
100 Freestyle	56.74	58.20	493	09/03/14	Gloucester County ASA Championships	Gloucester	CC4058	2
200 Freestyle	2:08.70	2:11.40	460	13/05/12	Gloucester City SC L2 Open Meet	Gloucester	SW2297	2
400 Freestyle	4:46.80	4:51.70	405	05/03/11	Gloucester County Championships	Bristol	CC1048	2
50 Breaststroke	37.31	38.10	299	30/06/12	British Gas ASA SWR Sprint Comp	Gloucester	SW2172	3
50 Butterfly	28.03	28.70	467	08/02/14	Gloucester County ASA Championships	Gloucester	CC4057	2
100 Butterfly	1:03.62	1:04.80	423	22/03/14	Gloucestershire County Championships	Bath	CC4059	2
200 Butterfly	2:51.28	2:53.10	242	07/11/23	Bristol Henleaze SC Winter Club Championships 2023	Clifton	SW232135	4
50 Backstroke	31.56	32.20	343	30/06/12	British Gas ASA SWR Sprint Comp	Gloucester	SW2172	3
100 Individual Medley	1:07.98	1:08.00	380	13/07/13	Gloucester Open Meet	Gloucester	SW3468	3