

Individual Best Times (All Time)

Lewis Adams - (778843) - Newcastle (Staffs) ASC - 50 Butterfly - Short Course

Performance Graph

Drag to Zoom, right click to reset.

Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
27.96	470	H	03/04/16	City of Stoke on Trent Y2K 2016	Stoke	Cosacss	3
28.02	467	H	21/09/19	A and B grade Short Course Meet	Sheffield	Cosacss	3
28.02	467	H	06/11/21	Swim England West Midlands Regional	Coventry	Newcastle St	2
28.04	466	H	03/11/19	Midlands Winter Short Course Championships 2019	Nottingham	Cosacss	2
28.05	466	H	23/06/18	COSACSS Club Championships	Stoke-on-Trent		4
28.09	464	H	25/06/16	City of Stoke on Trent Club Championships	Stoke		4
28.13	462	F	17/12/17	Shrewsbury Winter Open Meet	Wolverhampton	Cosacss	3
28.26	455	H	14/07/18	Rotherham Metro A & B Grade SC	Sheffield	Cosacss	3
28.29	454	H	24/06/17	COSACSS Club Championships	Stoke-on-Trent		4
28.29	454	H	27/03/22	Newcastle Staffs SC Race to Regionals	Newcastle-Under-Lyme	Newcastle St	3
28.32	452	F	24/02/18	Staffordshire ASA Championships	Stafford	Cosacss	2
28.34	452	H	04/11/18	Midland Winter Short Course Championships 2018	Harvey Hadden	Cosacss	2
28.37	450	H	05/11/22	SE West Midlands Winter Short Course Champs 2022	Coventry	Newcastle St	2
28.38	450	H	24/02/18	Staffordshire ASA Championships	Stafford	Cosacss	2
28.42	448	F	04/10/15	Stafford Apex 2015 Autumn Open Meet	Stafford		3
28.46	446	F	24/02/18	Staffordshire ASA Championships	Stafford	Cosacss	2
28.46	446	H	02/10/22	North Midlands Annual Championships	Macclesfield		3
28.48	445	H	23/09/17	Rotherham Metro 'A' & 'B' Grade Short Course Meet	Sheffield	Cosacss	3
28.48	445	H	22/06/19	City of Stoke on Trent SC (COSACSS) Club Champs	Stoke-on-Trent		4
28.49	444	H	25/02/17	Staffordshire ASA Championships	Stafford	Cosacss	2
28.49	444	H	22/09/18	Rotherham Metro A & B Short Course Graded Meet	Sheffield	Cosacss	3
28.52	443	H	03/12/17	Stafford Apex Winter Open Meet	Stafford	Cosacss	3
28.53	443	F	27/03/22	Newcastle Staffs SC Race to Regionals	Newcastle-Under-Lyme	Newcastle St	3
28.57	441	H	04/02/23	Staffordshire ASA Championships 2023	Stafford	Newcastle St	2
28.59	440	F	23/02/19	Staffordshire ASA County Swimming Championships	Stafford	Cosacss	2
28.60	439	H	23/02/19	Staffordshire ASA County Swimming Championships	Stafford	Cosacss	2
28.63	438	H	17/09/17	COSACSS Derek Taylor Memorial Open Meet	Stoke-on-Trent	Cosacss	2

28.63	430	M	17/09/17	COSACSS Derek Taylor Memorial Open Meet	Stoke on Trent	Cosacss	3
28.64	437	F	17/10/15	Shrewsbury Autumn Meet 2015	Wolverhampton	Cosacss	3
28.68	436	H	04/10/15	Stafford Apex 2015 Autumn Open Meet	Stafford		3
28.69	435	H	07/11/15	Midland 2015 Short Course Championships	Nottingham		2
28.69	435	F	25/02/17	Staffordshire ASA Championships	Stafford	Cosacss	2
28.69	435	H	15/02/20	Staffordshire ASA County Swimming	Stafford	Newcastle St	2
28.75	432	H	27/02/16	Staffordshire County Championships 2016	Stafford	Cosacss	2
28.76	432	F	25/02/17	Staffordshire ASA Championships	Stafford	Cosacss	2
28.79	431	H	27/06/15	City of Stoke on Trent Club Championships	Stoke on Trent		4
28.79	431	H	18/09/21	Rotherham Metro 'A' and 'B' Grade SC Graded Meet	Sheffield	Newcastle St	3
28.83	429	H	11/06/23	Chase Summer Roebuck L3 Open Meet 2023	Wolverhampton	Newcastle St	3
28.86	428	H	22/12/19	Leicester Sharks Christmas County Qualifier	Pingles	Cosacss	3
28.91	425	F	23/02/19	Staffordshire ASA County Swimming Championships	Stafford	Cosacss	2
28.98	422	H	01/03/15	City of Stoke on Trent Y2K 2015	Stoke-on-Trent		3
29.09	417		04/04/15	City of Birmingham 22nd Open Meet	Stechford		2
29.16	414	H	12/07/15	14th Biddulph Open Meet	Biddulph		3
29.22	412	H	01/11/15	Chase 12th Roebuck Open Meet	Wolverhampton		2
29.29	409	H	14/02/15	Staffordshire ASA County Championships	Stafford		2
29.33	407	H	10/04/15	The 2015 Leicester Age Group Meet	Leicester		3
29.40	404	H	29/03/15	Thirty Second City of Derby Open Meet 2015	Derby		3
29.44	403		04/04/15	City of Birmingham 22nd Open Meet	Stechford		2
29.48	401	H	29/06/14	City of Stoke on Trent Club Championships	Stoke on Trent	Cosacss	4
29.53	399	F	15/11/14	Wigan BEST Future Stars Open Meet	Wigan	Cosacss	2
29.59	397	H	13/04/14	City of Stoke on Trent Y2K 2014	Stoke on Trent	Cosacss	3
29.73	391		19/04/14	City of Birmingham 21st Open Meet	Birmingham	Cosacss	2
29.75	390	H	05/10/14	Leicester Penguins Open Meet	Braunstone		3
29.98	381	H	15/03/14	Staffordshire County Championships	Stafford	Cosacss	2
30.07	378	H	31/05/21	Newcastle Staffs	NULS	Newcastle St	0
30.41	365	H	04/07/21	Newcastle (Staffs)	Jubilee 2 Pool	Newcastle St	0
30.47	363	H	30/06/13	City of Stoke on Trent Club Championships	Stoke on Trent	Cosacss	4
30.50	362		30/03/13	City of Birmingham SC 20th Open Meet	Birmingham	Cosacss	2
30.52	361		23/11/13	Northgate PB Buster Gala	Wolverhampton	Cosacss	3
30.56	360	H	12/01/14	North Midlands ASA Championships 2014	Macclesfield	Cosacss	3
30.56	360	H	12/01/14	North Midlands Age Group Championships	Macclesfield	Cosacss	3
30.59	359	H	14/04/13	City of Stoke COSACSS Y2K 2013	Stoke on Trent	Cosacss	3
31.21	338	H	16/03/13	Staffordshire County Championships	Stafford	Cosacss	2
31.68	323	H	13/01/13	North Midlands ASA Championships 2013	Macclesfield	Cosacss	3
32.03	313	H	10/02/13	11th Cannock Phoenix Open Meet	Wolverhampton	Cosacss	3
32.20	308	H	23/09/12	COSACSS B Grade Open Meet	Stoke on Trent	Cosacss	3
32.67	295	H	17/03/12	Staffordshire County Championships	Stafford	Cosacss	2
32.86	289	H	15/07/12	City of Stoke on Trent Club Championships	Stoke on Trent	Cosacss	4
33.12	283	H	15/04/12	City of Stoke upon Trent YK2 Meet	Stoke	Cosacss	3
33.41	275	H	21/01/12	North Midlands Championships	Macclesfield	Cosacss	3
34.16	258	H	12/02/12	10th Cannock Phoenix Open Meet	Wolverhampton	Cosacss	3
34.97	240	H	25/09/11	City of Stoke on Trent B Grade Meet	Stoke on Trent	Cosacss	3
35.18	236		19/11/11	Boldmere Level 3 Open Meet	Boldmere	Cosacss	3
35.24	235	H	10/07/11	City of Stoke On Trent Club Championships	Stoke On Trent	Cosacss	4
35.62	227	H	23/01/11	North Midlands ASA Championships 2011	Macclesfield	Cosacss	3
35.76	225	H	07/05/11	COSACSS Y2K 2011	Stoke-On-Trent	Cosacss	2
36.11	218	H	19/03/11	Staffordshire County Championships	Wolverhampton	Cosacss	2
37.42	196		21/11/10	Boldmere Open Meet	Birmingham	Cosacss	3
38.45	181	H	26/09/10	COSACSS B Grade Meet	Stoke-On-Trent	Cosacss	3
42.49	134	H	24/01/10	North Midlands Age Groups	Macclesfield	Cosacss	3

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28.83	429	H	11/06/23	Chase Summer Roebuck L3 Open Meet 2023	Wolverhampton	Newcastle St	3
28.57	441	H	04/02/23	Staffordshire ASA Championships 2023	Stafford	Newcastle St	2
28.37	450	H	05/11/22	SE West Midlands Winter Short Course Champs 2022	Coventry	Newcastle St	2
28.46	446	H	02/10/22	North Midlands Annual Championships	Macclesfield		3
28.53	443	F	27/03/22	Newcastle Staffs SC Race to Regionals	Newcastle-Under-Lyme	Newcastle St	3
28.29	454	H	27/03/22	Newcastle Staffs SC Race to Regionals	Newcastle-Under-Lyme	Newcastle St	3
28.02	467	H	06/11/21	Swim England West Midlands Regional	Coventry	Newcastle St	2
28.79	431	H	18/09/21	Rotherham Metro 'A' and 'B' Grade SC Graded Meet	Sheffield	Newcastle St	3
30.41	365	H	04/07/21	Newcastle (Staffs)	Jubilee 2 Pool	Newcastle St	0
30.07	378	H	31/05/21	Newcastle Staffs	NULS	Newcastle St	0
28.69	435	H	15/02/20	Staffordshire ASA County Swimming	Stafford	Newcastle St	2
28.86	428	H	22/12/19	Leicester Sharks Christmas County Qualifier	Pingles	Cosacss	3
28.04	466	H	03/11/19	Midlands Winter Short Course Championships 2019	Nottingham	Cosacss	2
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28.34	452	H	04/11/18	Midland Winter Short Course Championships 2018	Harvey Hadden	Cosacss	2
28.49	444	H	22/09/18	Rotherham Metro A & B Short Course Graded Meet	Sheffield	Cosacss	3
28.26	455	H	14/07/18	Rotherham Metro A & B Grade SC	Sheffield	Cosacss	3
28.05	466	H	23/06/18	COSACSS Club Championships	Stoke-on-Trent		4
28.46	446	F	24/02/18	Staffordshire ASA Championships	Stafford	Cosacss	2
28.32	452	F	24/02/18	Staffordshire ASA Championships	Stafford	Cosacss	2
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