

Individual Best Times (All Time)

Lewis Adams - (778843) - Newcastle (Staffs) ASC - 50 Backstroke - 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
31.13	358	H	17/06/18	COSACSS Club Championships	Stoke-on-Trent		4
31.15	357	H	23/12/18	Derventio Excel Christmas Cracker 2018	Braunston	Cosacss	3
31.29	352	H	14/07/18	Rotherham Metro A & B Grade SC	Sheffield	Cosacss	3
31.53	344	H	01/04/17	COSACSS Y2K 2017	Stoke-on-Trent	Cosacss	3
31.54	344	H	19/06/16	City of Stoke on Trent Club Championships	Stoke		4
31.71	338	H	04/06/17	Preston Summer Spectacular 201 - L3 Open Meet	Darwen	Cosacss	3
31.75	337	H	16/06/19	City of Stoke on Trent SC (COSACSS) Club Champs	Stoke-on-Trent		4
31.88	333	H	16/07/17	Wolverhampton Summer Open Meet	Wolverhampton	Cosacss	3
31.91	332	H	29/09/19	The Roebuck Open Meet 2019	Stafford	Cosacss	3
31.94	331	H	25/09/22	Newcastle Staffs Club Championships 2022	Jubilee 2	Newcastle St	4
32.06	328	H	26/02/17	Staffordshire ASA Championships	Stafford	Cosacss	2
32.10	326	H	21/06/15	City of Stoke on Trent Club Championships	Stoke on Trent		4
32.48	315	F	16/11/14	Wigan BEST Future Stars Open Meet	Wigan	Cosacss	2
32.61	311	H	18/06/17	COSACSS Club Championships	Stoke-on-Trent		4
32.72	308	H	31/05/21	Newcastle Staffs	NULS	Newcastle St	0
32.81	306	H	15/02/15	Staffordshire ASA County Championships	Stafford		2
33.17	296	H	28/02/15	City of Stoke on Trent Y2K 2015	Stoke-on-Trent		3
33.23	294	H	22/06/14	City of Stoke on Trent Club Championships	Stoke on Trent	Cosacss	4
33.24	294	H	05/10/14	Leicester Penguins Open Meet	Braunstone		3
33.39	290		21/04/14	City of Birmingham 21st Open Meet	Birmingham	Cosacss	2
33.46	288	H	16/03/14	Staffordshire County Championships	Stafford	Cosacss	2
33.67	283	H	16/06/13	City of Stoke on Trent Club Championships	Stoke on Trent	Cosacss	4
33.80	279	H	11/01/14	North Midlands Age Group Championships	Macclesfield	Cosacss	3
33.80	279	H	11/01/14	North Midlands ASA Championships 2014	Macclesfield	Cosacss	3
34.00	274	H	17/03/13	Staffordshire County Championships	Stafford	Cosacss	2
34.97	252	H	13/04/13	City of Stoke COSACSS Y2K 2013	Stoke on Trent	Cosacss	3
35.45	248	H	10/02/10	10th Connah's Rhosny Open Meet	Wolverhampton	Cosacss	2

33.13	240	H	12/02/12	10th Cannock Phoenix Open Meet	Wolverhampton	Cosacss	3
35.15	248		24/11/13	Northgate PB Buster Gala	Wolverhampton	Cosacss	3
35.18	248	H	18/03/12	Staffordshire County Championships	Stafford	Cosacss	2
35.53	240	H	08/07/12	City of Stoke on Trent Club Championships	Stoke on Trent	Cosacss	4
35.66	238	H	21/01/12	North Midlands Championships	Macclesfield	Cosacss	3
37.48	205	H	03/07/11	City of Stoke On Trent Club Championships	Stoke On Trent	Cosacss	4
37.49	205	H	24/09/11	City of Stoke on Trent B Grade Meet	Stoke on Trent	Cosacss	3
38.13	194		20/11/11	Boldmere Level 3 Open Meet	Boldmere	Cosacss	3
40.73	159	H	25/09/10	COSACSS B Grade Meet	Stoke-On-Trent	Cosacss	3
41.56	150		20/11/10	Boldmere Open Meet	Birmingham	Cosacss	3
44.83	119	H	09/01/10	North Midlands Age Groups	Macclesfield	Cosacss	3

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