

Individual Best Times (All Time)

Lewis Adams - (778843) - Newcastle (Staffs) ASC - 100 Freestyle - 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
57.18	482	H	14/07/18	Rotherham Metro A & B Grade SC	Sheffield	Cosacss	3
57.29	479	H	22/02/20	Staffordshire ASA County Swimming	Stafford	Newcastle St	2
57.30	479	H	17/09/16	City of Stoke on Trent B Grade Open Meet	Stoke	Cosacss	3
57.47	474	H	10/02/19	Staffordshire ASA County Swimming Championships	Stafford	Cosacss	2
57.47	474	H	22/12/19	Leicester Sharks Christmas County Qualifier	Pingles	Cosacss	3
57.53	473	H	05/12/21	Bassetlaw SS 3rd Open Meet	Worksop	Newcastle St	3
57.54	473	H	21/06/15	City of Stoke on Trent Club Championships	Stoke on Trent		4
57.64	470	H	19/06/16	City of Stoke on Trent Club Championships	Stoke		4
57.74	468	F	14/01/18	Long Eaton 2018	Derby	Cosacss	3
57.80	466	H	14/01/18	Long Eaton 2018	Derby	Cosacss	3
58.15	458	H	29/03/15	Thirty Second City of Derby Open Meet 2015	Derby		3
58.15	458	F	17/12/17	Shrewsbury Winter Open Meet	Wolverhampton	Cosacss	3
58.17	458	H	16/06/19	City of Stoke on Trent SC (COSACSS) Club Champs	Stoke-on-Trent		4
58.24	456	H	27/03/22	Newcastle Staffs SC Race to Regionals	Newcastle-Under-Lyme	Newcastle St	3
58.25	456	H	11/02/23	Staffordshire ASA Championships 2023	Stafford	Newcastle St	2
58.26	455	H	07/11/21	Swim England West Midlands Regional	Coventry	Newcastle St	2
58.27	455	H	18/06/17	COSACSS Club Championships	Stoke-on-Trent		4
58.32	454	H	11/02/18	Staffordshire ASA Championships	Stafford	Cosacss	2
58.34	454	H	13/02/22	Staffordshire ASA County Championships 2022	Stafford	Newcastle St	2
58.36	453	H	17/06/18	COSACSS Club Championships	Stoke-on-Trent		4
58.39	452	H	30/09/17	Roebuck Level 3 Open meet	Walsall	Cosacss	3
58.49	450		05/04/15	City of Birmingham 22nd Open Meet	Stechford		2
58.60	448	H	01/11/15	Chase 12th Roebuck Open Meet	Wolverhampton		2
58.68	446	H	11/12/22	Newcastle Staff SC Yule in the Pool Meet 2022	Newcastle under Lyme	Newcastle St	3
58.75	444	H	26/06/16	Satellites of Macclesfield 29th Open Meet	Macclesfield	Cosacss	3
58.75	444	H	04/12/16	Stafford Apex 2016 Winter Open Meet	Stafford	Cosacss	3
58.78	442	F	29/03/15	Thirty Second City of Derby Open Meet 2015	Derby		3

58.79	443	F	29/03/13	Thirty Second City of Derby Open Meet 2013	Derby		
58.98	439	H	14/02/16	Staffordshire County Championships 2016	Stafford	Cosacss	2
58.99	439	H	01/02/15	Staffordshire ASA County Championships	Stafford		2
59.02	438	H	15/10/22	North Midlands Annual Championships	Macclesfield		3
59.08	437	H	05/10/14	Leicester Penguins Open Meet	Braunstone		3
59.09	436	H	17/10/21	City of Birmingham Winter Open Meet	Birmingham	Newcastle St	2
59.24	433	F	16/11/14	Wigan BEST Future Stars Open Meet	Wigan	Cosacss	2
59.30	432	H	02/04/16	City of Stoke on Trent Y2K 2016	Stoke	Cosacss	3
59.41	429	H	27/07/14	City of Salford Summer Spectacular 2014	Wigan		3
59.44	429	H	12/04/14	City of Stoke on Trent Y2K 2014	Stoke on Trent	Cosacss	3
59.56	426	H	28/02/15	City of Stoke on Trent Y2K 2015	Stoke-on-Trent		3
59.60	425	H	09/08/21	Newcastle Staffs	Jubilee2	Newcastle St	0
1:00.11	415	H	11/07/21	Newcastle (Staffs)	Jubilee 2	Newcastle St	0
1:00.12	414	H	22/06/14	City of Stoke on Trent Club Championships	Stoke on Trent	Cosacss	4
1:00.22	412	H	02/03/14	Staffordshire ASA County Championships	Stafford	Cosacss	2
1:00.56	405	H	16/11/13	Stafford Apex Open Meet	Stafford	Cosacss	2
1:00.61	404	H	18/01/14	North Midlands ASA Championships 2014	Macclesfield	Cosacss	3
1:01.29	391	H	03/03/13	Staffordshire County Championships	Stafford	Cosacss	2
1:01.30	391		24/11/13	Northgate PB Buster Gala	Wolverhampton	Cosacss	3
1:01.44	388	H	16/06/13	City of Stoke on Trent Club Championships	Stoke on Trent	Cosacss	4
1:01.90	380	H	13/04/13	City of Stoke COSACSS Y2K 2013	Stoke on Trent	Cosacss	3
1:02.39	371	H	10/02/13	11th Cannock Phoenix Open Meet	Wolverhampton	Cosacss	3
1:02.78	364		25/11/12	Northgate PB Buster Open Gala	Northgate	Cosacss	3
1:02.98	360	H	04/03/12	Staffordshire County Championships	Stafford	Cosacss	2
1:03.14	358	H	18/11/12	Stafford Apex Licensed Meet	Stafford	Cosacss	2
1:03.33	354	H	29/04/12	Satellite of Macclesfield 25th Open Meet	Macclesfield	Cosacss	2
1:03.41	353	H	22/09/12	COSACSS B Grade Open Meet	Stoke on Trent	Cosacss	3
1:04.17	341	H	08/07/12	City of Stoke on Trent Club Championships	Stoke on Trent	Cosacss	4
1:04.25	339	H	21/01/12	North Midlands Championships	Macclesfield	Cosacss	3
1:04.67	333	H	12/02/12	10th Cannock Phoenix Open Meet	Wolverhampton	Cosacss	3
1:06.44	307		20/11/11	Boldmere Level 3 Open Meet	Boldmere	Cosacss	3
1:07.75	289	H	24/09/11	City of Stoke on Trent B Grade Meet	Stoke on Trent	Cosacss	3
1:08.53	280	H	03/07/11	City of Stoke On Trent Club Championships	Stoke On Trent	Cosacss	4
1:09.31	270	H	07/05/11	COSACSS Y2K 2011	Stoke-On-Trent	Cosacss	2
1:10.02	262	H	22/01/11	North Midlands ASA Championships 2011	Macclesfield	Cosacss	3
1:11.14	250		20/11/10	Boldmere Open Meet	Birmingham	Cosacss	3
1:13.16	230	H	25/09/10	COSACSS B Grade Meet	Stoke-On-Trent	Cosacss	3

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58.32	454	H	11/02/18	Staffordshire ASA Championships	Stafford	Cosacss	2
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