

Competition Type

**Swim England East Region Short Course Champs 2019**

Licensed @ Level 2 : #2ER192086

Place

**Basildon Sports Village** - Full AOE Timing

Date

2nd + 3rd November 2019

Coach

John Lowe



# HALSTEAD SC

Event No.	SWIMMER	Age Group	Stroke	Distance	Place	Time	PB Improvement		Award	Last Recorded PB		Club Record						2020 County Qualifying Times (Age @ 31st Dec 2020)				
							Slower by :	Faster by :				Age Band	Set By :	Date Set	Record	Slower by :	Faster by :	Comment	Q/Time	Slower by :	Faster by :	
203	Kai ADAMS	Open	Freestyle	50m	26	0:24.69		0.28 secs	PB	Gold	0:24.97	20-Oct-18	OPEN	K.Adams	20-Oct-18	0:24.97		0.28 secs	NEW CLUB RECORD	0:28.50		3.81 secs
206	Katherine DAYNES	Open	Breaststroke	100m	33	1:16.88	-1.23 secs			Platinum	1:15.65	14-Apr-19	OPEN	K.Daynes	19-Oct-19	1:15.74	-1.14 secs			1:27.50		10.62 secs
304	Kai ADAMS	Open	Freestyle	200m	23	1:57.45		0.78 secs	PB	Platinum	1:58.23	20-Jan-19	OPEN	K Adams	20-Jan-19	1:58.23		0.78 secs	NEW CLUB RECORD	2:13.50		16.05 secs
305	Katherine DAYNES	Open	Butterfly	50m	63	0:31.18		0.18 secs	PB	Gold	0:31.36	21-Jul-19	OPEN	A.Cox	22-Feb-14	0:31.40		0.22 secs	NEW CLUB RECORD	0:35.70		4.52 secs
306	Kai ADAMS	Open	Butterfly	50m	37	0:26.93	-0.09 secs			Gold	0:26.84	03-Nov-18	OPEN	E.Clark	31-Mar-12	0:26.50	-0.43 secs			0:34.00		7.07 secs
502	Kai ADAMS	Open	Backstroke	50m	44	0:28.82	-0.04 secs			Gold	0:28.78	21-Oct-18	OPEN	K.Adams	21-Oct-18	0:28.78	-0.04 secs			0:35.00		6.18 secs
502	Robert BROWN	Open	Backstroke	50m	84	0:30.29	-0.42 secs			Gold	0:29.87	04-Nov-18	OPEN	K.Adams	21-Oct-18	0:28.78	-1.51 secs			0:35.00		4.71 secs
505	Katherine DAYNES	Open	Breaststroke	200m	24	2:46.67	-1.18 secs			Platinum	2:45.49	20-Jan-19	OPEN	K.Daynes	27-Sep-19	2:46.38	-0.29 secs			3:06.40		19.73 secs
506	Kai ADAMS	Open	Butterfly	100m	32	0:59.99	-1.15 secs			Platinum	0:58.84	04-Nov-18	OPEN	E.Clark	11-Mar-12	0:58.15	-1.84 secs			1:10.30		10.31 secs
603	Kai ADAMS	Open	Freestyle	100m	31	0:53.55	-0.04 secs			Platinum	0:53.51	04-Nov-18	OPEN	K.Adams	04-Nov-18	0:53.51	-0.04 secs			1:01.90		8.35 secs
606	Katherine DAYNES	Open	Breaststroke	50m	52	0:36.10	-1.94 secs			Gold	0:34.16	29-Mar-19	OPEN	K.Daynes	20-Oct-19	0:34.75	-1.35 secs			0:42.70		6.60 secs

-6.09 secs      1.24 secs

Seconds Down      -4.85 secs