

# Individual Best Times (All Time)

Kiera Williams - (1115220) - West Suffolk Swimming Club

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.38	29.70	469	29/01/17	Bedfordshire ASA 2017 Age Group & County Champs	Luton	ER170118	1
100 Freestyle	1:07.65	1:06.40	446	29/01/17	Bedfordshire ASA 2017 Age Group & County Champs	Luton	ER170118	1
200 Freestyle	2:44.92	2:42.80	320	08/03/15	Bedfordshire ASA County Championships	Luton	CC150189	1
50 Breaststroke	39.63	38.80	398	03/02/18	Bedfordshire 2018 Age Group & County Champs	Luton	ER180275	1
100 Breaststroke	1:40.86	1:39.60	257	22/03/15	Bedfordshire ASA County Championships	Luton	CC150190	1
50 Butterfly	35.14	34.60	336	04/02/17	Bedfordshire ASA 2017 Age Group & County Champs	Luton	ER170119	1
100 Butterfly	1:25.97	1:25.10	268	28/01/17	Bedfordshire ASA 2017 Age Group & County Champs	Luton	ER170118	1
50 Backstroke	36.72	36.20	391	04/02/18	Bedfordshire 2018 Age Group & County Champs	Luton	ER180275	1
100 Backstroke	1:50.90	1:50.20	138	14/07/13	Northampton Summer Festival Open Meet	Northampton	EM3406	3
200 Individual Medley	3:10.62	3:08.50	289	22/03/15	Bedfordshire ASA County Championships	Luton	CC150190	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.33	31.00	432	09/04/17	COPS Last Chance Regional Qualifier 2017	Peterborough	ER170327	3
100 Freestyle	1:07.12	1:08.40	419	10/03/18	Central Beds Swim Squad L2 Open Meet 2018	Biggleswade	ER180359	2
200 Freestyle	2:33.27	2:35.50	372	13/03/16	Mid Beds Swim Squad Level 2 Open Meet	Biggleswade	ER160410	2
400 Freestyle	5:14.39	5:18.80	398	04/01/15	Modernian Club Championships	Bedford	ER150188	4
800 Freestyle	11:18.43	11:26.90	348	29/11/15	West Suffolk SC Club Championships 2015	Haverhill	ER152166	4
50 Breaststroke	40.58	41.30	341	26/11/17	Linslade Crusaders Last Chance Meet	Bletchley	ER171359	3
100 Breaststroke	1:28.89	1:30.30	345	27/11/16	Linslade Crusaders Last Chance Open Meet	Bletchley	ER161823	3
200 Breaststroke	3:10.87	3:13.60	350	12/03/16	Mid Beds Swim Squad Level 2 Open Meet	Biggleswade	ER160410	2
50 Butterfly	33.78	34.30	375	22/10/17	Flitwick Dolphins Open Meet 2017	Biggleswade	ER170904	3
100 Butterfly	1:22.30	1:23.20	283	26/11/17	Linslade Crusaders Last Chance Meet	Bletchley	ER171359	3
50 Backstroke	35.72	36.30	353	11/03/17	Mid Beds Swim Squad L2 Open Meet 2017	Biggleswade	ER170456	2
100 Backstroke	1:18.32	1:19.30	344	21/10/17	Flitwick Dolphins Open Meet 2017	Biggleswade	ER170904	3
200 Backstroke	2:53.58	2:55.50	321	02/12/15	West Suffolk Club Championships 2015	Bury St Edmunds	ER152167	4
200 Individual Medley	2:51.92	2:54.20	356	25/11/17	Linslade Crusaders Last Chance Meet	Bletchley	ER171359	3
400 Individual Medley	6:38.58	6:43.00	274	10/05/14	Mid Beds Swim Squad L3 Open Meet	Biggleswade	ER4331	3
100 Individual Medley	1:17.32	1:17.30	390	21/10/17	Flitwick Dolphins Open Meet 2017	Biggleswade	ER170904	3