

Individual Best Times (All Time)

Noa Williams - (1348554) - Clwb Nofio Bangor Swim Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	25.97	25.20	521	28/01/24	Rotherham Metro 'A' & 'B' Grade LC Meet 2024	Sheffield	NE240018	3
100 Freestyle	57.31	55.80	546	23/03/24	Swim Wales National Championships 2024	Swansea	WL240023	1
200 Freestyle	2:12.67	2:10.00	454	27/01/24	Rotherham Metro 'A' & 'B' Grade LC Meet 2024	Sheffield	NE240018	3
50 Breaststroke	36.49	35.60	359	28/01/24	Rotherham Metro 'A' & 'B' Grade LC Meet 2024	Sheffield	NE240018	3
50 Backstroke	32.26	31.60	389	27/01/24	Rotherham Metro 'A' & 'B' Grade LC Meet 2024	Sheffield	NE240018	3
100 Backstroke	1:10.96	1:09.80	384	27/01/24	Rotherham Metro 'A' & 'B' Grade LC Meet 2024	Sheffield	NE240018	3
200 Backstroke	2:36.43	2:34.30	366	11/02/24	Swim Wales Regional Racing Series - North 2024	Liverpool	WL240020	1
200 Individual Medley	2:37.79	2:35.30	377	28/01/24	Rotherham Metro 'A' & 'B' Grade LC Meet 2024	Sheffield	NE240018	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	25.60	26.40	488	25/11/23	Swim Wales Regional SC Championships - North 2023	Llandudno	WL232010	2
100 Freestyle	56.63	58.10	496	28/04/24	Wrexham Spring Meet 2024	Wrexham	WL240611	2
200 Freestyle	2:05.51	2:08.20	496	26/11/23	Swim Wales Regional SC Championships - North 2023	Llandudno	WL232010	2
400 Freestyle	4:31.18	4:36.30	479	27/04/24	Wrexham Spring Meet 2024	Wrexham	WL240611	2
50 Breaststroke	35.69	36.60	341	26/11/23	Swim Wales Regional SC Championships - North 2023	Llandudno	WL232010	2
100 Breaststroke	1:18.38	1:20.00	350	28/04/24	Wrexham Spring Meet 2024	Wrexham	WL240611	2
50 Butterfly	30.07	30.70	378	24/11/23	Swim Wales Regional SC Championships - North 2023	Llandudno	WL232010	2
100 Butterfly	1:20.18	1:21.10	211	24/09/22	Swim Conwy Invitational Meet	Llandudno	WL211305	3
50 Backstroke	30.83	31.50	368	24/11/23	Swim Wales Regional SC Championships - North 2023	Llandudno	WL232010	2
100 Backstroke	1:06.85	1:08.00	377	25/11/23	Swim Wales Regional SC Championships - North 2023	Llandudno	WL232010	2
200 Backstroke	2:22.85	2:25.20	404	26/11/23	Swim Wales Regional SC Championships - North 2023	Llandudno	WL232010	2
200 Individual Medley	2:28.10	2:30.70	405	25/11/23	Swim Wales Regional SC Championships - North 2023	Llandudno	WL232010	2
400 Individual Medley	5:28.47	5:33.80	365	23/09/23	Swim Conwy Closed Invitational Meet 2023	Llandudno	WL231998	3
100 Individual Medley	1:31.69	1:31.70	155	07/04/19	Clwb Nofio Bangor Diddy Meet	Llandudno	WL191165	3