

Individual Best Times (All Time)

Oliver Griffiths - (1396059) - Nofio Clwyd

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.82	27.10	424	10/02/24	Swim Wales Regional Racing Series - North 2024	Liverpool	WL240020	1
100 Freestyle	1:00.28	58.90	469	12/05/24	ARENA Manchester Open Meet 2024	Manchester	NW240840	1
200 Freestyle	2:14.19	2:11.60	439	11/02/24	Swim Wales Regional Racing Series - North 2024	Liverpool	WL240020	1
400 Freestyle	4:46.69	4:41.80	452	07/08/23	Swim Wales Summer Open 2023	Swansea	WL230316	1
800 Freestyle	9:55.21	9:45.40	438	06/08/23	Swim Wales Summer Open 2023	Swansea	WL230316	1
50 Breaststroke	40.22	39.40	268	05/03/23	City of Sheffield March Madness 2023	Sheffield	NE230021	3
100 Breaststroke	1:25.87	1:24.40	290	05/03/23	City of Sheffield March Madness 2023	Sheffield	NE230021	3
50 Butterfly	29.97	29.30	410	09/02/24	Swim Wales Regional Racing Series - North 2024	Liverpool	WL240020	1
50 Backstroke	31.13	30.50	432	11/05/24	ARENA Manchester Open Meet 2024	Manchester	NW240840	1
100 Backstroke	1:07.66	1:06.50	443	11/05/24	ARENA Manchester Open Meet 2024	Manchester	NW240840	1
200 Backstroke	2:28.68	2:26.40	426	06/08/23	Swim Wales Summer Open 2023	Swansea	WL230316	1
200 Individual Medley	2:32.34	2:29.70	419	10/02/24	Swim Wales Regional Racing Series - North 2024	Liverpool	WL240020	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.40	27.20	445	21/10/23	Swim Conwy Autumn Meet 2023	Llandudno	WL232002	2
100 Freestyle	58.31	59.70	454	21/10/23	Swim Conwy Autumn Meet 2023	Llandudno	WL232002	2
200 Freestyle	2:09.87	2:12.50	447	17/03/24	Swim Conwy Spring Meet 2024	Llandudno	WL240498	3
400 Freestyle	4:29.21	4:34.40	490	21/10/23	Swim Conwy Autumn Meet 2023	Llandudno	WL232002	2
800 Freestyle	9:20.84	9:31.00	494	21/10/23	Swim Conwy Autumn Meet 2023	Llandudno	WL232002	2
1500 Freestyle	18:54.82	19:12.90	415	29/04/23	Wrexham Spring Meet 2023	Wrexham	WL231143	2
50 Breaststroke	35.64	36.50	343	16/03/24	Swim Conwy Spring Meet 2024	Llandudno	WL240498	3
100 Breaststroke	1:17.86	1:19.50	357	22/10/23	Swim Conwy Autumn Meet 2023	Llandudno	WL232002	2
200 Breaststroke	2:44.21	2:47.40	391	21/10/23	Swim Conwy Autumn Meet 2023	Llandudno	WL232002	2
50 Butterfly	29.90	30.50	384	21/10/23	Swim Conwy Autumn Meet 2023	Llandudno	WL232002	2
100 Butterfly	1:06.83	1:08.00	365	28/04/24	Wrexham Spring Meet 2024	Wrexham	WL240611	2
50 Backstroke	30.72	31.40	372	16/03/24	Swim Conwy Spring Meet 2024	Llandudno	WL240498	3
100 Backstroke	1:05.61	1:06.80	399	16/12/23	Swim Wales Winter Championships 2023	Swansea	WL232016	2
200 Backstroke	2:21.02	2:23.40	420	21/10/23	Swim Conwy Autumn Meet 2023	Llandudno	WL232002	2
200 Individual Medley	2:24.13	2:26.80	440	17/03/24	Swim Conwy Spring Meet 2024	Llandudno	WL240498	3
100 Individual Medley	1:34.65	1:34.70	141	06/10/19	ECL Championships	Wrexham	WL192430	3