

Individual Best Times (All Time)

Thomas Williams - (1418044) - Nofio Sir Gar

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.08	28.40	371	09/06/24	Torfaen Dolphins Long Course Meet 2024	Cardiff	WL240163	1
100 Freestyle	1:01.63	1:00.30	439	08/06/24	Torfaen Dolphins Long Course Meet 2024	Cardiff	WL240163	1
200 Freestyle	2:14.48	2:11.90	436	14/04/24	Cardiff International Open Meet 2024	Cardiff	WL240160	1
400 Freestyle	4:39.87	4:34.80	486	04/05/24	City of Swansea Aquatics MAY LC Open Meet 2024	Swansea	WL240501	1
800 Freestyle	9:49.10	9:39.20	452	05/04/24	City of Bristol L1 International Open Meet 2024	Bristol	SW240226	1
1500 Freestyle	18:24.55	18:05.70	490	05/05/24	City of Swansea Aquatics MAY LC Open Meet 2024	Swansea	WL240501	1
50 Breaststroke	38.16	37.30	314	10/03/24	City of Swansea Aquatics Spring LC Open Meet 2024	Swansea	WL240258	1
100 Breaststroke	1:26.68	1:25.20	282	09/06/24	Torfaen Dolphins Long Course Meet 2024	Cardiff	WL240163	1
200 Breaststroke	3:14.50	3:11.80	268	04/08/23	Swim Wales Summer Open 2023	Swansea	WL230316	1
50 Butterfly	31.13	30.50	366	08/06/24	Torfaen Dolphins Long Course Meet 2024	Cardiff	WL240163	1
100 Butterfly	1:08.81	1:07.70	371	09/06/24	Torfaen Dolphins Long Course Meet 2024	Cardiff	WL240163	1
200 Butterfly	2:43.80	2:41.90	305	13/04/24	Cardiff International Open Meet 2024	Cardiff	WL240160	1
50 Backstroke	37.37	36.80	250	06/04/24	City of Bristol L1 International Open Meet 2024	Bristol	SW240226	1
100 Backstroke	1:18.91	1:17.90	279	13/04/24	Cardiff International Open Meet 2024	Cardiff	WL240160	1
200 Individual Medley	2:34.33	2:31.80	403	04/05/24	City of Swansea Aquatics MAY LC Open Meet 2024	Swansea	WL240501	1
400 Individual Medley	5:30.85	5:25.50	393	06/04/24	City of Bristol L1 International Open Meet 2024	Bristol	SW240226	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.48	30.20	319	14/01/24	Nofio Sir Gar Performance Swimming's Open Meet 24	Carmarthen	WL240161	3
100 Freestyle	1:02.39	1:03.70	371	25/02/24	Llanelli Open Meet Level 2 and 3 Combined 2024	Llanelli	WL240256	2
200 Freestyle	2:14.10	2:16.70	406	25/02/24	Llanelli Open Meet Level 2 and 3 Combined 2024	Llanelli	WL240256	2
400 Freestyle	4:46.73	4:51.60	405	15/12/23	Swim Wales Winter Championships 2023	Swansea	WL232016	2
800 Freestyle	9:50.26	10:00.00	423	26/11/23	Swim Wales Regional SC Championships - West 2023	Haverfordwest	WL232012	2
1500 Freestyle	18:39.14	18:57.40	433	24/11/23	Swim Wales Regional SC Championships - West 2023	Haverfordwest	WL232012	2
50 Breaststroke	37.45	38.30	295	28/10/23	Neath ASC Open Meet	Swansea	WL231885	3
100 Breaststroke	1:21.27	1:22.80	314	25/02/24	Llanelli Open Meet Level 2 and 3 Combined 2024	Llanelli	WL240256	2
200 Breaststroke	3:15.92	3:18.60	230	13/05/23	Nofio Sir Gar Development Meet 2023	Carmarthenshire	WL230620	3
50 Butterfly	32.04	32.60	312	16/12/23	Swim Wales Winter Championships 2023	Swansea	WL232016	2
100 Butterfly	1:09.94	1:11.00	318	14/01/24	Nofio Sir Gar Performance Swimming's Open Meet 24	Carmarthen	WL240161	3
200 Butterfly	2:41.97	2:43.90	287	13/01/24	Nofio Sir Gar Performance Swimming's Open Meet 24	Carmarthen	WL240161	3
50 Backstroke	36.86	37.40	215	25/11/23	Swim Wales Regional SC Championships - West 2023	Haverfordwest	WL232012	2
100 Backstroke	1:14.44	1:15.50	273	25/02/24	Llanelli Open Meet Level 2 and 3 Combined 2024	Llanelli	WL240256	2
200 Backstroke	2:51.80	2:53.70	232	13/05/23	Nofio Sir Gar Development Meet 2023	Carmarthenshire	WL230620	3
200 Individual Medley	2:35.56	2:38.10	350	15/12/23	Swim Wales Winter Championships 2023	Swansea	WL232016	2
400 Individual Medley	5:28.04	5:33.40	366	14/01/24	Nofio Sir Gar Performance Swimming's Open Meet 24	Carmarthen	WL240161	3
100 Individual Medley	1:25.77	1:25.80	189	19/11/22	Cardiff International Open Meet 2022	Cardiff	WL220092	2