

Individual Best Times (All Time)

Ryan Williams - (1458476) - Llanelli

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	37.02	36.40	180	09/07/23	Welsh Development (Youth Panel) 2023	Swansea	WL230162	3
50 Backstroke	41.90	41.40	177	09/07/23	Welsh Development (Youth Panel) 2023	Swansea	WL230162	3
100 Backstroke	1:28.85	1:27.90	195	09/07/23	Welsh Development (Youth Panel) 2023	Swansea	WL230162	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	35.37	36.00	185	08/10/23	Llanelli ASC Autumn Meet 2023	Llanelli	WL230637	3
100 Freestyle	1:19.21	1:20.30	181	08/10/23	Llanelli ASC Autumn Meet 2023	Llanelli	WL230637	3
200 Freestyle	4:03.45	4:04.90	68	23/06/19	Swim Wales West Region Junior Development	Carmarthen	WL190041	3
50 Breaststroke	47.70	48.40	143	13/01/24	Nofio Sir Gar Performance Swimming's Open Meet 24	Carmarthen	WL240161	3
100 Breaststroke	1:42.82	1:44.00	155	14/01/24	Nofio Sir Gar Performance Swimming's Open Meet 24	Carmarthen	WL240161	3
200 Breaststroke	5:39.84	5:41.40	44	17/03/19	Swim Wales West Region No Time Gala	Carmarthen	WL190042	3
50 Butterfly	1:03.40	1:03.70	40	15/12/19	Carmarthen Christmas Open 2019	Carmarthen	WL192405	3
50 Backstroke	41.67	42.20	149	08/10/23	Llanelli ASC Autumn Meet 2023	Llanelli	WL230637	3
100 Backstroke	1:25.41	1:26.30	181	08/10/23	Llanelli ASC Autumn Meet 2023	Llanelli	WL230637	3
200 Backstroke	3:21.25	3:22.90	144	13/05/23	Nofio Sir Gar Development Meet 2023	Carmarthenshire	WL230620	3
200 Individual Medley	4:30.32	4:31.80	66	14/07/19	City of Swansea Summer Junior Development Meet	Penlan	WL190485	3
100 Individual Medley	1:56.47	1:56.50	75	08/03/20	Llanelli Open Meet	Llanelli	WL200548	3