

Individual Best Times (All Time)

Poppy Williams - (1506067) - Clwb Nofio Bangor Swim Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	32.36	31.70	388	09/06/24	City of Liverpool Splash and Dash Meet 2024	Liverpool	NW240533	3
100 Freestyle	1:10.28	1:09.10	398	23/03/24	Swim Wales National Championships 2024	Swansea	WL240023	1
200 Freestyle	2:35.35	2:33.10	383	28/01/24	Rotherham Metro 'A' & 'B' Grade LC Meet 2024	Sheffield	NE240018	3
50 Breaststroke	44.54	43.80	280	10/02/24	Swim Wales Regional Racing Series - North 2024	Liverpool	WL240020	1
100 Breaststroke	1:37.94	1:36.60	280	11/02/24	Swim Wales Regional Racing Series - North 2024	Liverpool	WL240020	1
200 Breaststroke	3:31.02	3:28.50	276	10/02/24	Swim Wales Regional Racing Series - North 2024	Liverpool	WL240020	1
50 Butterfly	33.36	32.80	392	25/03/24	Swim Wales National Championships 2024	Swansea	WL240023	1
100 Butterfly	1:19.59	1:18.60	338	22/03/24	Swim Wales National Championships 2024	Swansea	WL240023	1
50 Backstroke	36.90	36.40	385	23/03/24	Swim Wales National Championships 2024	Swansea	WL240023	1
100 Backstroke	1:22.61	1:21.60	334	11/02/24	Swim Wales Regional Racing Series - North 2024	Liverpool	WL240020	1
200 Backstroke	3:04.05	3:02.20	299	29/06/24	City of Bradford Summer Long Course Meet 2024	Leeds	NE240617	3
200 Individual Medley	2:54.00	2:51.70	380	27/01/24	Rotherham Metro 'A' & 'B' Grade LC Meet 2024	Sheffield	NE240018	3
400 Individual Medley	6:24.79	6:20.20	329	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	31.67	32.30	379	22/10/23	Swim Conwy Autumn Meet 2023	Llandudno	WL232002	2
100 Freestyle	1:08.48	1:09.70	395	24/09/23	Swim Conwy Closed Invitational Meet 2023	Llandudno	WL231998	3
200 Freestyle	2:37.04	2:39.20	346	25/11/23	Swim Wales Regional SC Championships - North 2023	Llandudno	WL232010	2
50 Breaststroke	43.81	44.50	271	25/11/23	Swim Wales Regional SC Championships - North 2023	Llandudno	WL232010	2
100 Breaststroke	1:33.55	1:34.90	296	03/03/24	Crystal Meet 2024	Wrexham	WL240610	3
200 Breaststroke	3:24.37	3:26.90	285	25/11/23	Swim Wales Regional SC Championships - North 2023	Llandudno	WL232010	2
50 Butterfly	34.55	35.10	351	24/11/23	Swim Wales Regional SC Championships - North 2023	Llandudno	WL232010	2
100 Butterfly	1:18.59	1:19.60	325	03/03/24	Crystal Meet 2024	Wrexham	WL240610	3
200 Butterfly	3:04.31	3:06.00	273	16/03/24	Swim Conwy Spring Meet 2024	Llandudno	WL240498	3
50 Backstroke	37.22	37.80	312	21/10/23	Swim Conwy Autumn Meet 2023	Llandudno	WL232002	2
100 Backstroke	1:19.36	1:20.40	330	03/03/24	Crystal Meet 2024	Wrexham	WL240610	3
200 Backstroke	2:54.17	2:56.10	318	16/03/24	Swim Conwy Spring Meet 2024	Llandudno	WL240498	3
200 Individual Medley	2:51.68	2:54.00	357	26/11/23	Swim Wales Regional SC Championships - North 2023	Llandudno	WL232010	2
400 Individual Medley	6:09.10	6:13.80	345	25/11/23	Swim Wales Regional SC Championships - North 2023	Llandudno	WL232010	2
100 Individual Medley	1:18.71	1:18.70	370	03/03/24	Crystal Meet 2024	Wrexham	WL240610	3