

Individual Best Times (All Time)

Morgan Gray-Williams - (1513123) - Colwyn Bay

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	39.41	38.90	149	28/01/24	Rotherham Metro 'A' & 'B' Grade LC Meet 2024	Sheffield	NE240018	3
100 Freestyle	1:31.10	1:30.20	136	27/01/24	Rotherham Metro 'A' & 'B' Grade LC Meet 2024	Sheffield	NE240018	3
200 Freestyle	3:13.47	3:11.70	146	27/01/24	Rotherham Metro 'A' & 'B' Grade LC Meet 2024	Sheffield	NE240018	3
50 Breaststroke	52.65	52.00	119	28/01/24	Rotherham Metro 'A' & 'B' Grade LC Meet 2024	Sheffield	NE240018	3
100 Breaststroke	1:54.72	1:53.60	121	28/01/24	Rotherham Metro 'A' & 'B' Grade LC Meet 2024	Sheffield	NE240018	3
200 Breaststroke	4:00.13	3:57.90	142	27/01/24	Rotherham Metro 'A' & 'B' Grade LC Meet 2024	Sheffield	NE240018	3
50 Backstroke	47.30	46.90	123	27/01/24	Rotherham Metro 'A' & 'B' Grade LC Meet 2024	Sheffield	NE240018	3
100 Backstroke	1:41.17	1:40.40	132	27/01/24	Rotherham Metro 'A' & 'B' Grade LC Meet 2024	Sheffield	NE240018	3
200 Backstroke	3:32.48	3:30.90	146	28/01/24	Rotherham Metro 'A' & 'B' Grade LC Meet 2024	Sheffield	NE240018	3
200 Individual Medley	3:33.96	3:32.10	151	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	37.15	37.70	159	17/03/24	Swim Conwy Spring Meet 2024	Llandudno	WL240498	3
100 Freestyle	1:19.19	1:20.20	181	17/03/24	Swim Conwy Spring Meet 2024	Llandudno	WL240498	3
200 Freestyle	3:00.92	3:02.80	165	17/03/24	Swim Conwy Spring Meet 2024	Llandudno	WL240498	3
50 Breaststroke	50.45	51.10	120	26/11/23	Swim Wales Regional SC Championships - North 2023	Llandudno	WL232010	2
100 Breaststroke	1:47.11	1:48.30	137	16/03/24	Swim Conwy Spring Meet 2024	Llandudno	WL240498	3
200 Breaststroke	3:32.88	3:35.40	179	17/03/24	Swim Conwy Spring Meet 2024	Llandudno	WL240498	3
50 Butterfly	50.11	50.50	81	12/11/23	John Sharp Invitational Meet 2023	Llandudno	WL232003	3
100 Butterfly	2:03.00	2:03.60	58	28/10/23	Holywell ASC Geoff Drew Halloween Meet 2023	Holywell	WL230638	3
50 Backstroke	44.19	44.60	125	16/03/24	Swim Conwy Spring Meet 2024	Llandudno	WL240498	3
100 Backstroke	1:35.59	1:36.40	129	16/03/24	Swim Conwy Spring Meet 2024	Llandudno	WL240498	3
200 Backstroke	3:14.82	3:16.50	159	17/03/24	Swim Conwy Spring Meet 2024	Llandudno	WL240498	3
200 Individual Medley	3:23.15	3:25.10	157	17/03/24	Swim Conwy Spring Meet 2024	Llandudno	WL240498	3
400 Individual Medley	8:11.98	8:15.60	108	27/11/22	Swim Wales North Sub Regionals 2022	Llandudno	WL222523	3
100 Individual Medley	1:38.82	1:38.80	124	28/10/23	Holywell ASC Geoff Drew Halloween Meet 2023	Holywell	WL230638	3