

Individual Best Times (All Time)

Natalie Williams - (1594741) - Chirk Dragons

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	32.78	32.10	373	05/05/24	City of Swansea Aquatics MAY LC Open Meet 2024	Swansea	WL240501	1
100 Freestyle	1:13.27	1:12.10	351	05/05/24	City of Swansea Aquatics MAY LC Open Meet 2024	Swansea	WL240501	1
400 Freestyle	6:10.43	6:06.60	256	14/01/24	Buxton LC Qualifier 2024	Derby	EM240028	3
50 Breaststroke	38.26	37.40	442	10/02/24	Swim Wales Regional Racing Series - North 2024	Liverpool	WL240020	1
100 Breaststroke	1:26.53	1:25.10	407	05/05/24	City of Swansea Aquatics MAY LC Open Meet 2024	Swansea	WL240501	1
200 Breaststroke	3:11.33	3:08.50	371	04/05/24	City of Swansea Aquatics MAY LC Open Meet 2024	Swansea	WL240501	1
50 Butterfly	40.74	40.30	215	14/01/24	Buxton LC Qualifier 2024	Derby	EM240028	3
50 Backstroke	43.41	42.90	236	10/06/23	City of Bradford SC Summer Long Course Meet 2023	Leeds	NE230910	3
200 Individual Medley	3:21.30	3:19.30	245	11/06/23	City of Bradford SC Summer Long Course Meet 2023	Leeds	NE230910	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	32.81	33.40	341	16/03/24	Swim Conwy Spring Meet 2024	Llandudno	WL240498	3
100 Freestyle	1:12.59	1:13.70	331	16/03/24	Swim Conwy Spring Meet 2024	Llandudno	WL240498	3
50 Breaststroke	37.55	38.40	431	15/12/23	Swim Wales Winter Championships 2023	Swansea	WL232016	2
100 Breaststroke	1:23.35	1:24.80	418	17/03/24	Swim Conwy Spring Meet 2024	Llandudno	WL240498	3
200 Breaststroke	3:09.09	3:11.90	360	16/03/24	Swim Conwy Spring Meet 2024	Llandudno	WL240498	3
50 Butterfly	39.58	40.10	233	24/11/23	Swim Wales Regional SC Championships - North 2023	Llandudno	WL232010	2
50 Backstroke	41.03	41.50	233	30/04/23	Wrexham Spring Meet 2023	Wrexham	WL231143	2
100 Backstroke	1:28.39	1:29.30	239	22/10/23	Swim Conwy Autumn Meet 2023	Llandudno	WL232002	2
200 Individual Medley	3:08.55	3:10.60	269	26/11/23	Swim Wales Regional SC Championships - North 2023	Llandudno	WL232010	2
100 Individual Medley	1:43.31	1:43.30	163	24/06/22	Oswestry Otters Speed Sprint 3	Oswestry	WM220963	4