

Individual Best Times (All Time)

Gwenno Williams - (1616790) - Clwb Nofio P.B.P.

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	32.55	31.90	381	22/06/24	City of Leeds Summer Meet 2024	Leeds	NE240116	3
100 Freestyle	1:11.59	1:10.40	376	05/05/24	City of Swansea Aquatics MAY LC Open Meet 2024	Swansea	WL240501	1
200 Freestyle	2:34.21	2:31.90	391	23/06/24	City of Leeds Summer Meet 2024	Leeds	NE240116	3
50 Breaststroke	48.97	48.30	211	22/06/24	City of Leeds Summer Meet 2024	Leeds	NE240116	3
100 Breaststroke	1:49.01	1:47.80	203	22/06/24	City of Leeds Summer Meet 2024	Leeds	NE240116	3
50 Butterfly	36.61	36.10	297	23/06/24	City of Leeds Summer Meet 2024	Leeds	NE240116	3
100 Butterfly	1:34.64	1:33.80	201	27/01/24	Rotherham Metro 'A' & 'B' Grade LC Meet 2024	Sheffield	NE240018	3
50 Backstroke	39.92	39.40	304	05/05/24	City of Swansea Aquatics MAY LC Open Meet 2024	Swansea	WL240501	1
100 Backstroke	1:30.09	1:29.20	257	28/01/24	Rotherham Metro 'A' & 'B' Grade LC Meet 2024	Sheffield	NE240018	3
200 Individual Medley	3:02.35	3:00.20	330	05/05/24	City of Swansea Aquatics MAY LC Open Meet 2024	Swansea	WL240501	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	33.23	33.90	328	16/03/24	Swim Conwy Spring Meet 2024	Llandudno	WL240498	3
100 Freestyle	1:12.65	1:13.80	330	16/03/24	Swim Conwy Spring Meet 2024	Llandudno	WL240498	3
200 Freestyle	2:36.80	2:39.00	348	16/03/24	Swim Conwy Spring Meet 2024	Llandudno	WL240498	3
50 Breaststroke	47.81	48.50	208	17/03/24	Swim Conwy Spring Meet 2024	Llandudno	WL240498	3
100 Breaststroke	1:46.75	1:47.90	199	21/10/23	Swim Conwy Autumn Meet 2023	Llandudno	WL232002	2
200 Breaststroke	3:52.83	3:55.10	193	22/10/23	Swim Conwy Autumn Meet 2023	Llandudno	WL232002	2
50 Butterfly	37.30	37.80	279	17/03/24	Swim Conwy Spring Meet 2024	Llandudno	WL240498	3
100 Butterfly	1:26.47	1:27.30	244	17/03/24	Swim Conwy Spring Meet 2024	Llandudno	WL240498	3
50 Backstroke	39.61	40.10	259	17/03/24	Swim Conwy Spring Meet 2024	Llandudno	WL240498	3
100 Backstroke	1:26.94	1:27.90	251	09/07/23	Len Thomas Memorial Swim Meet 2023	Llandudo	WL231393	3
200 Backstroke	3:03.50	3:05.30	272	25/11/23	Swim Wales Regional SC Championships - North 2023	Llandudno	WL232010	2
200 Individual Medley	3:00.59	3:02.80	307	16/03/24	Swim Conwy Spring Meet 2024	Llandudno	WL240498	3