

Individual Best Times (All Time)

Holly Williams - (417327) - Cleethorpes & Dist SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.94	27.20	603	23/02/19	Yorkshire County Championships	Sheffield	NE190129	1
100 Freestyle	1:01.04	59.70	607	10/02/19	Yorkshire County Championships	Leeds	NE190128	1
200 Freestyle	2:12.80	2:10.20	613	09/02/19	Yorkshire County Championships	Leeds	NE190128	1
400 Freestyle	4:44.07	4:39.10	568	06/02/16	Yorkshire County Championships	Leeds	NE160068	1
800 Freestyle	10:17.16	10:07.70	484	04/08/11	Welsh Summer Nationals	Swansea	WAL375	1
1500 Freestyle	20:37.26	20:20.40	411	08/05/10	Radford Annual Open Meet	Sheffield	EM0119	1
50 Breaststroke	35.10	34.20	573	23/02/19	Yorkshire County Championships	Sheffield	NE190129	1
100 Breaststroke	1:18.17	1:16.50	552	02/02/20	Yorkshire County Championships Level of Meet	Leeds	NE200183	1
200 Breaststroke	2:56.40	2:53.40	474	25/02/17	Yorkshire SA County Championships	Leeds	NE170143	1
50 Butterfly	28.37	27.70	638	04/08/19	Swim England National Summer Meet	Sheffield	ENG014	1
100 Butterfly	1:02.48	1:01.30	700	04/05/19	Swim England North East Region Championships (50)	Sheffield	NE190135	1
200 Butterfly	2:17.68	2:15.40	692	25/07/19	British Summer Championships	Glasgow	BSW011	1
50 Backstroke	31.64	31.00	611	22/02/20	Yorkshire County Championships Level of Meet	Sheffield	NE200185	1
100 Backstroke	1:08.13	1:06.90	595	01/02/20	Yorkshire County Championships Level of Meet	Leeds	NE200183	1
200 Backstroke	2:27.96	2:25.70	576	30/04/16	ASANER Regional Championships 2016	Sunderland	NE160065	1
200 Individual Medley	2:25.25	2:22.50	654	06/04/19	Derwentio Excel 13th Long Course Open Meet	Sheffield	EM190236	1
400 Individual Medley	5:09.84	5:04.10	631	21/05/17	ASA North East Region Championships	Sunderland	NE170146	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.62	28.40	572	20/10/18	Yorkshire Winter Competition	Sheffield	NE182206	2
100 Freestyle	59.59	1:01.00	599	21/10/18	Yorkshire Winter Competition	Sheffield	NE182206	2
200 Freestyle	2:09.40	2:12.10	619	09/12/17	Middlesbrough Christmas 2017 Meet	The Neptune Centre	NE171230	3
400 Freestyle	4:27.25	4:32.40	648	06/07/19	Rotherham Metro 'A' and 'B' Grade SC Meet	Sheffield	NE190336	3
800 Freestyle	9:15.78	9:26.10	633	16/11/17	Scunthorpe Anchor Club Cham	Scunthorpe	NE172181	4
50 Breaststroke	35.31	36.20	518	19/01/20	Grimsby Aquatics Club Championships & Time Trials	Grimsby	NE200189	4
100 Breaststroke	1:14.94	1:16.60	576	15/06/19	Grimsby Aquatics Club Championships & Time Trials	Grimsby	NE190147	4
200 Breaststroke	2:42.90	2:46.10	563	13/10/19	Grimsby Aquatics Club Championships & Time Trials	Grimsby	NE193048	4
50 Butterfly	28.46	29.10	628	11/11/18	BUCS Short Course Swimming Championships 2018	Sheffield	NE182328	2
100 Butterfly	1:02.73	1:03.90	639	03/11/18	Swim England North East Region Championships (25)	Sheffield	NE182208	2
200 Butterfly	2:14.88	2:17.20	697	14/12/18	SE Winter Championships 2018	Sheffield	ENG012	2
50 Backstroke	30.74	31.40	554	22/10/17	Yorkshire SA Winter Competition	Sheffield	NE171863	2
100 Backstroke	1:05.75	1:07.00	581	19/10/19	Yorkshire Swimming Association Winter Competition	Sheffield	NE192012	2
200 Backstroke	2:23.39	2:25.70	570	26/11/17	Cleethorpes & District Annual Club Champs	Grimsby	NE172395	4
200 Individual Medley	2:22.98	2:25.70	619	03/02/18	Yorkshire County Championships	Leeds	NE180135	2
400 Individual Medley	4:59.48	5:05.30	646	04/02/18	Yorkshire County Championships	Leeds	NE180135	2
100 Individual Medley	1:07.70	1:07.70	581	22/09/18	Rotherham Metro A & B Short Course Graded Meet	Sheffield	NE180466	3