

# Individual Best Times (All Time)

Nathan Wells - (451158) - West Norfolk Swimming Club

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	24.44	23.60	626	30/04/23	Swim England East Region LC Championships 2023	Norwich	ER230334	1
100 Freestyle	52.47	50.90	712	15/04/18	Swim England East Midland Championships 2018	Sheffield	EM180958	1
200 Freestyle	1:52.03	1:48.90	754	02/08/17	Swim England National Summer Meet (50m)	Sheffield	ENG001	1
400 Freestyle	3:57.68	3:51.70	793	18/04/17	British Swimming Championships 2017	Sheffield	BSW001	1
800 Freestyle	8:13.13	8:01.30	770	22/04/17	British Swimming Championships 2017	Sheffield	BSW001	1
1500 Freestyle	15:52.71	15:30.90	764	20/04/17	British Swimming Championships 2017	Sheffield	BSW001	1
50 Breaststroke	31.18	30.20	576	03/02/24	SE Norfolk County Championships 2024	Norwich	ER240128	1
100 Breaststroke	1:10.28	1:08.50	530	05/03/23	CONSC March LC Open Meet 2023	Sportspark	ER230010	3
200 Breaststroke	2:34.45	2:31.00	536	02/02/19	Norfolk County Championships 2019	Norwich	ER191264	1
50 Butterfly	26.30	25.60	607	07/04/24	Derby Excel April Meet	Sheffield	EM240430	1
100 Butterfly	57.93	56.60	621	02/02/19	Norfolk County Championships 2019	Norwich	ER191264	1
200 Butterfly	2:11.55	2:09.10	590	13/05/17	Nova Centurion May Level 1 LC Open Meet	Nottingham	EM170343	1
50 Backstroke	26.54	25.80	698	04/04/23	British Swimming Championships 2023	Sheffield	BSW024	1
100 Backstroke	57.32	55.90	729	05/08/17	Swim England National Summer Meet (50m)	Sheffield	ENG001	1
200 Backstroke	2:06.79	2:04.10	687	10/04/22	British Championships 2022	Sheffield	BSW020	1
200 Individual Medley	2:05.57	2:02.40	748	04/08/17	Swim England National Summer Meet (50m)	Sheffield	ENG001	1
400 Individual Medley	4:29.62	4:23.00	727	26/07/18	British Summer Championships	Sheffield	BSW006	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	23.96	24.80	595	23/09/23	Norwich Swan No Frills Season Starter Meet 2023	Norwich	ER231938	3
100 Freestyle	51.93	53.50	643	25/09/22	Norwich Swan No Frills Season Starter	UEA Sportspark	ER221633	3
200 Freestyle	1:50.90	1:54.00	719	05/12/21	Swim England National Winter Championships (25m)	Sheffield	ENG020	2
400 Freestyle	3:49.12	3:55.10	794	05/12/19	Swim England National Winter Championships (25m)	Sheffield	ENG017	2
800 Freestyle	8:09.28	8:20.90	744	16/11/19	BUCS Short Course Swimming Championships 2019	Sheffield	NE193130	2
1500 Freestyle	15:28.87	15:50.70	757	07/12/19	Swim England National Winter Championships (25m)	Sheffield	ENG017	2
50 Breaststroke	30.04	31.10	572	25/09/22	Norwich Swan No Frills Season Starter	UEA Sportspark	ER221633	3
100 Breaststroke	1:05.93	1:07.80	589	20/03/22	West Norfolk SC Open Meet 2022	Kings Lynn	ER220087	3
200 Breaststroke	2:24.47	2:28.10	575	17/07/22	West Norfolk SC Club Championships 2022	Downham Market	ER221173	4
50 Butterfly	25.78	26.50	600	25/09/22	Norwich Swan No Frills Season Starter	UEA Sportspark	ER221633	3
100 Butterfly	56.93	58.20	591	23/09/23	Norwich Swan No Frills Season Starter Meet 2023	Norwich	ER231938	3
200 Butterfly	2:05.58	2:08.10	615	19/03/22	West Norfolk SC Open Meet 2022	Kings Lynn	ER220087	3
50 Backstroke	25.39	26.20	660	17/12/23	Swim England Winter Championships 2023	Sheffield	ENG029	2
100 Backstroke	55.03	56.50	677	14/12/23	Swim England Winter Championships 2023	Sheffield	ENG029	2
200 Backstroke	2:00.84	2:03.60	667	16/12/23	Swim England Winter Championships 2023	Sheffield	ENG029	2
200 Individual Medley	2:01.17	2:04.40	740	14/12/23	Swim England Winter Championships 2023	Sheffield	ENG029	2
400 Individual Medley	4:19.06	4:25.70	744	06/12/19	Swim England National Winter Championships (25m)	Sheffield	ENG017	2
100 Individual Medley	56.53	56.50	662	07/12/19	Swim England National Winter Championships (25m)	Sheffield	ENG017	2