

# Individual Best Times (All Time)

Sean Williams - (536572) - Carmarthen

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.37	29.70	326	18/05/13	Swim Swansea Annual LC Meet	Swansea	WAL496	1
100 Freestyle	1:06.01	1:04.70	357	17/05/14	Swim Swansea Long Course Meet 2014	Swansea	WAL568	1
50 Breaststroke	38.76	37.90	300	04/08/14	Swim Wales Summer Nationals 2014	Swansea	WAL585	1
100 Breaststroke	1:26.83	1:25.40	281	08/08/14	Swim Wales Summer Nationals 2014	Swansea	WAL585	1
200 Breaststroke	3:18.20	3:15.50	253	30/03/13	BG Swim Wales AG & Yth & Senior Champs	Swansea	WAL483	1
50 Butterfly	32.06	31.50	335	09/04/16	City of Bristol International Open Meet	Bristol	SW160503	1
100 Butterfly	1:24.06	1:23.10	203	29/03/13	BG Swim Wales AG & Yth & Senior Champs	Swansea	WAL483	1
50 Backstroke	35.09	34.50	302	09/04/16	City of Bristol International Open Meet	Bristol	SW160503	1
100 Backstroke	1:19.11	1:18.10	277	04/08/14	Swim Wales Summer Nationals 2014	Swansea	WAL585	1
200 Individual Medley	2:50.92	2:48.60	296	17/05/14	Swim Swansea Long Course Meet 2014	Swansea	WAL568	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.51	29.20	353	31/01/16	Swim Wales West Regional Championships	Haverfordwest	WL160033	2
100 Freestyle	1:02.03	1:03.40	377	05/02/16	Swim Wales West Regional Championships	Haverfordwest	WL160034	2
200 Freestyle	2:16.89	2:19.40	382	04/02/16	Swim Wales West Regional Championships	Haverfordwest	WL160034	2
50 Breaststroke	36.36	37.20	323	20/12/14	British Gas Swim Wales Open Winter Championships	Swansea	WAL615	1
100 Breaststroke	1:24.85	1:26.30	276	10/07/16	Torfaen Short Course Meet 2016	Newport	WL161031	2
200 Breaststroke	2:59.59	3:02.50	299	30/11/14	West Wales Sub Regional Competition 2014	Haverfordwest	WAL610	2
50 Butterfly	31.27	31.90	336	31/01/15	SWWR Regional Championships	Haverford West	WL150523	2
100 Butterfly	1:19.31	1:20.30	218	05/10/14	Llanelli Autumn Meet 2014	Llanelli	WAL595	4
200 Butterfly	3:11.00	3:12.70	175	03/02/13	West Wales Championships	Haverfordwest	WAL473	2
50 Backstroke	33.56	34.20	285	05/02/16	Swim Wales West Regional Championships	Haverfordwest	WL160034	2
100 Backstroke	1:16.23	1:17.30	254	31/01/15	SWWR Regional Championships	Haverford West	WL150523	2
200 Backstroke	3:01.91	3:03.70	195	25/11/12	West Wales Sub Regional Competition 2012	Haverfordwest	WAL464	4
200 Individual Medley	2:37.52	2:40.00	337	05/02/15	SWWR Regional Championships	Haverford West	WL150524	2
100 Individual Medley	1:11.63	1:11.60	325	21/12/14	British Gas Swim Wales Open Winter Championships	Swansea	WAL615	1