

Individual Best Times (All Time)

Kieran Williams - (716212) - City of Swansea Aquatics Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.02	26.20	463	03/04/15	Swim Wales Long Course Closed Championships	Swansea	WL150506	1
100 Freestyle	59.17	57.70	496	20/04/14	Welsh Age Group & Youth Championships	WNPS	WAL560	1
200 Freestyle	2:12.14	2:09.50	459	01/06/14	City of Sheffield No Frills Meet	Sheffield	NE4315	1
400 Freestyle	4:51.07	4:46.20	432	30/07/13	Swim Wales Summer Nationals	Swansea	WAL511	1
50 Breaststroke	32.93	32.00	489	18/04/15	Swim Wales Long Course Closed Meet	Swansea	WL150977	1
100 Breaststroke	1:12.68	1:10.90	479	02/11/14	Neath Open Meet	Swansea	WAL605	1
200 Breaststroke	2:46.89	2:43.70	425	19/04/14	Welsh Age Group & Youth Championships	WNPS	WAL560	1
50 Butterfly	28.96	28.30	454	01/11/14	Neath Open Meet	Swansea	WAL605	1
100 Butterfly	1:02.93	1:01.70	485	03/04/15	Swim Wales Long Course Closed Championships	Swansea	WL150506	1
50 Backstroke	35.09	34.50	302	02/08/13	Swim Wales Summer Nationals	Swansea	WAL511	1
100 Backstroke	1:14.99	1:13.90	325	18/05/13	Swim Swansea Annual LC Meet	Swansea	WAL496	1
200 Individual Medley	2:30.86	2:28.20	431	19/04/14	Welsh Age Group & Youth Championships	WNPS	WAL560	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.12	26.90	459	22/12/14	British Gas Swim Wales Open Winter Championships	Swansea	WAL615	1
100 Freestyle	57.74	59.20	468	06/02/15	SWWR Regional Championships	Haverford West	WL150524	2
200 Freestyle	2:08.63	2:11.30	461	20/12/14	British Gas Swim Wales Open Winter Championships	Swansea	WAL615	1
400 Freestyle	4:39.30	4:44.30	438	09/02/14	West Wales Regional Championships	Haverfordwest	WAL547	2
50 Breaststroke	32.22	33.20	464	05/02/15	SWWR Regional Championships	Haverford West	WL150524	2
100 Breaststroke	1:09.65	1:11.40	499	22/12/14	British Gas Swim Wales Open Winter Championships	Swansea	WAL615	1
200 Breaststroke	2:39.34	2:42.60	428	01/03/14	Llanelli Open Meet 2014	Llanelli	WAL552	2
50 Butterfly	28.28	28.90	454	21/12/14	British Gas Swim Wales Open Winter Championships	Swansea	WAL615	1
100 Butterfly	1:04.29	1:05.50	410	05/02/15	SWWR Regional Championships	Haverford West	WL150524	2
50 Backstroke	33.69	34.30	282	05/10/13	Llanelli Autumn Meet 2013	Llanelli	WAL520	4
100 Backstroke	1:14.07	1:15.10	277	10/02/13	West Wales Championships	Haverfordwest	WAL474	2
200 Individual Medley	2:25.79	2:28.50	425	20/12/14	British Gas Swim Wales Open Winter Championships	Swansea	WAL615	1
100 Individual Medley	1:11.31	1:11.30	330	05/10/13	Llanelli Autumn Meet 2013	Llanelli	WAL520	4