

# Individual Best Times (All Time)

William Woodward - (800311) - Halton SC

## Long Course

| Stroke                | LC Time | Converted to SC | LC WA Pts | Date     | Meet                                       | Venue      | Licence  | Level |
|-----------------------|---------|-----------------|-----------|----------|--|------------|----------|-------|
| 50 Freestyle          | 27.41   | 26.60           | 443       | 31/05/15 | 2015 North West Regional Championships     | Manchester | NW150102 | 1     |
| 100 Freestyle         | 57.60   | 56.10           | 538       | 07/08/15 | ASA Summer Nationals 2015                  | Sheffield  | ASA142   | 1     |
| 200 Freestyle         | 2:05.52 | 2:02.70         | 536       | 05/08/15 | ASA Summer Nationals 2015                  | Sheffield  | ASA142   | 1     |
| 400 Freestyle         | 4:27.74 | 4:22.50         | 555       | 09/08/15 | ASA Summer Nationals 2015                  | Sheffield  | ASA142   | 1     |
| 50 Breaststroke       | 32.73   | 31.80           | 498       | 29/07/15 | British Summer Championships               | Sheffield  | ASA141   | 1     |
| 100 Breaststroke      | 1:14.59 | 1:12.90         | 443       | 07/08/15 | ASA Summer Nationals 2015                  | Sheffield  | ASA142   | 1     |
| 200 Breaststroke      | 2:53.03 | 2:50.00         | 381       | 21/12/14 | CO Manchester Aquatics Manchester Snow'pen | Manchester | NW4452   | 1     |
| 50 Butterfly          | 29.30   | 28.60           | 439       | 07/06/15 | 2015 North West Regional Championships     | Manchester | NW150103 | 1     |
| 100 Butterfly         | 1:06.14 | 1:05.00         | 417       | 06/06/15 | 2015 North West Regional Championships     | Manchester | NW150103 | 1     |
| 50 Backstroke         | 31.33   | 30.70           | 424       | 06/08/15 | ASA Summer Nationals 2015                  | Sheffield  | ASA142   | 1     |
| 100 Backstroke        | 1:07.06 | 1:05.90         | 455       | 07/06/15 | 2015 North West Regional Championships     | Manchester | NW150103 | 1     |
| 200 Backstroke        | 2:25.52 | 2:23.20         | 454       | 31/05/15 | 2015 North West Regional Championships     | Manchester | NW150102 | 1     |
| 200 Individual Medley | 2:21.67 | 2:18.90         | 521       | 06/08/15 | ASA Summer Nationals 2015                  | Sheffield  | ASA142   | 1     |
| 400 Individual Medley | 5:06.43 | 5:00.60         | 495       | 23/05/15 | ASA 2015 North West Regional Championships | Liverpool  | NW150542 | 1     |

## Short Course

| Stroke                | SC Time | Converted to LC | SC WA Pts | Date     | Meet   | Venue        | License  | Level |
|-----------------------|---------|-----------------|-----------|----------|--|--------------|----------|-------|
| 50 Freestyle          | 25.86   | 26.70           | 473       | 08/11/15 | ASA North West Region Winter Championships       | Liverpool    | NW151659 | 2     |
| 100 Freestyle         | 56.07   | 57.50           | 511       | 22/11/15 | Bolton & Manchester SWPA Inter Association       | Wigan        | NW151990 | 3     |
| 200 Freestyle         | 2:03.85 | 2:06.60         | 516       | 08/11/15 | ASA North West Region Winter Championships       | Liverpool    | NW151659 | 2     |
| 400 Freestyle         | 4:23.00 | 4:28.30         | 525       | 24/10/15 | Liverpool & District Age Group & Swimming Champs | Everton      | NW151323 | 2     |
| 50 Breaststroke       | 32.17   | 33.10           | 466       | 07/11/15 | ASA North West Region Winter Championships       | Liverpool    | NW151659 | 2     |
| 100 Breaststroke      | 1:11.16 | 1:12.90         | 468       | 24/10/15 | Liverpool & District Age Group & Swimming Champs | Everton      | NW151323 | 2     |
| 200 Breaststroke      | 2:41.67 | 2:44.90         | 410       | 17/10/15 | Liverpool & District Age Group & Swimming Champs | Everton      | NW151322 | 2     |
| 50 Butterfly          | 29.17   | 29.80           | 414       | 23/01/16 | Cheshire County Championships 2016               | Macclesfield | NW160012 | 2     |
| 100 Butterfly         | 1:05.61 | 1:06.80         | 386       | 17/10/15 | Liverpool & District Age Group & Swimming Champs | Everton      | NW151322 | 2     |
| 50 Backstroke         | 30.36   | 31.00           | 386       | 08/11/15 | ASA North West Region Winter Championships       | Liverpool    | NW151659 | 2     |
| 100 Backstroke        | 1:04.32 | 1:05.60         | 424       | 23/01/16 | Cheshire County Championships 2016               | Macclesfield | NW160011 | 2     |
| 200 Backstroke        | 2:21.26 | 2:23.60         | 418       | 05/10/14 | Wirral Metro Level 2 Autumn Meet                 | Birkenhead   | NW4185   | 2     |
| 200 Individual Medley | 2:16.44 | 2:19.30         | 518       | 08/11/15 | ASA North West Region Winter Championships       | Liverpool    | NW151659 | 2     |
| 400 Individual Medley | 4:57.31 | 5:03.20         | 492       | 25/01/15 | Cheshire County Championships 2015               | Macclesfield | CC150090 | 2     |
| 100 Individual Medley | 1:22.74 | 1:22.70         | 211       | 04/03/12 | Cheshire County Championships                    | Macclesfield | CC2017   | 2     |