

Individual Best Times (All Time)

Josh Williams - (886306) - Swansea University SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	24.39	23.50	630	06/05/23	Swansea Aquatic May LC Meet	Swansea	WL230007	1
100 Freestyle	51.74	50.10	742	06/04/23	British Swimming Championships 2023	Sheffield	BSW024	1
200 Freestyle	1:50.57	1:47.40	785	23/07/23	British Summer Championships	Sheffield	BSW025	1
400 Freestyle	3:56.62	3:50.60	804	28/07/23	British Summer Championships	Sheffield	BSW025	1
800 Freestyle	8:16.29	8:04.50	756	15/04/21	British Swimming Selection Trials 2021	London	BSW015	1
1500 Freestyle	16:05.03	15:43.50	735	18/04/21	British Swimming Selection Trials 2021	London	BSW015	1
50 Breaststroke	37.95	37.10	319	23/09/18	WDSC Club Championships 2018	Wycombe	SE181863	4
100 Breaststroke	1:20.44	1:18.90	353	22/09/19	Wycombe Swimming Club Championships	Wycombe	SE192622	4
200 Breaststroke	2:42.73	2:39.50	458	03/07/21	Wycombe Summer LC Invitation Meet	High Wycombe	SE210219	3
50 Butterfly	27.19	26.50	549	12/01/19	Berkshire & S Buckinghamshire County Champs 2019	Wycombe	SE190015	1
100 Butterfly	57.39	56.10	639	06/08/22	Swim Wales Summer Open 2022	Swansea	WL220741	1
200 Butterfly	2:12.70	2:10.30	574	03/08/18	Swim England National Summer Meet	Sheffield	ENG009	1
50 Backstroke	29.59	28.90	504	07/05/18	Swim England South East Championships 2018	Wycombe	SE181206	1
100 Backstroke	1:00.55	59.20	618	02/06/24	Swansea University Swim Team 2024 LC Sprint Meet	Swansea	WL240502	1
200 Backstroke	2:18.92	2:16.50	522	30/06/18	Scottish National Open Championships	Tollcross	SCO1495	1
200 Individual Medley	2:14.78	2:11.80	605	02/08/18	Swim England National Summer Meet	Sheffield	ENG009	1
400 Individual Medley	4:41.72	4:35.40	637	31/07/19	Swim England National Summer Meet	Sheffield	ENG014	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	25.22	26.00	510	25/10/20	Wycombe District SC	Wycombe	LEX033	0
100 Freestyle	49.93	51.60	724	16/12/23	Swim Wales Winter Championships 2023	Swansea	WL232016	2
200 Freestyle	1:46.65	1:49.80	808	18/12/22	Swim Wales Winter Championships 2022	Swansea	WL220375	2
400 Freestyle	3:48.12	3:54.20	805	15/12/23	Swim Wales Winter Championships 2023	Swansea	WL232016	2
800 Freestyle	8:14.28	8:25.80	721	01/12/18	Swim Wales Short Course Championships	Swansea	WL180060	2
1500 Freestyle	15:29.86	15:51.70	755	04/11/18	Swim England South East Open & Junior Champs	Portsmouth	SE182559	2
50 Breaststroke	34.97	35.90	363	01/11/20	Wycombe District SC	Wycombe LC	LEX094	0
100 Breaststroke	1:25.22	1:26.70	272	17/09/16	BBAT Autumn Meet	Aylesbury	SE161948	4
200 Breaststroke	3:01.39	3:04.30	290	26/06/16	CMKSC Annual End of Season Open Meet	Milton Keynes	SE160696	3
50 Butterfly	26.61	27.30	546	25/10/20	Wycombe District SC	Wycombe	LEX033	0
100 Butterfly	56.28	57.60	611	10/12/22	National Arena Swimming League South R3 Final 2022	Wycombe	SE222485	2
200 Butterfly	2:07.86	2:10.30	583	30/06/19	Hatfield Summer Meet 2019	Herts Sports Village	ER191325	2
50 Backstroke	28.76	29.40	454	25/10/20	Wycombe District SC	Wycombe	LEX033	0
100 Backstroke	1:02.22	1:03.50	468	18/11/17	Guildford City L2 Winter Meet	Guildford	SE171847	2
200 Backstroke	2:15.34	2:17.80	475	07/10/17	Maxwell October Meet	Aylesbury	SE171807	3
200 Individual Medley	2:19.20	2:22.00	488	19/11/17	Guildford City L2 Winter Meet	Guildford	SE171847	2
400 Individual Medley	4:34.48	4:40.80	626	03/11/18	Swim England South East Open & Junior Champs	Portsmouth	SE182559	2
100 Individual Medley	1:01.59	1:01.60	512	01/10/22	Swansea Aquatics Club Championships 2022	Swansea	WL221691	3