

# Individual Best Times (All Time)

Nathan Williams - (904571) - Adwick (Doncaster) SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.99	31.30	279	01/02/15	Sheffield & District ASA Championships	Sheffield	NE150146	4
100 Freestyle	1:15.28	1:14.20	241	01/02/15	Sheffield & District ASA Championships	Sheffield	NE150146	4
50 Breaststroke	36.76	35.90	351	28/02/16	Yorkshire County Championships	Sheffield	NE160070	1
100 Breaststroke	1:22.91	1:21.40	322	06/02/16	Yorkshire County Championships	Leeds	NE160069	1
200 Breaststroke	3:14.11	3:11.40	270	01/02/15	Sheffield & District ASA Championships	Sheffield	NE150146	4
50 Butterfly	35.30	34.80	251	01/02/15	Sheffield & District ASA Championships	Sheffield	NE150146	4
100 Butterfly	1:24.08	1:23.20	203	01/02/15	Sheffield & District ASA Championships	Sheffield	NE150146	4
50 Backstroke	39.59	39.10	210	01/02/15	Sheffield & District ASA Championships	Sheffield	NE150146	4

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.04	29.80	334	28/01/18	Alec James BML Individual Championships 2017	Adwick	NE180486	3
100 Freestyle	1:03.16	1:04.50	357	15/10/22	Adwick ASC DMasa Individual Championships 2022	Adwick	NE221399	4
200 Freestyle	2:31.35	2:33.60	283	15/09/22	Adwick ASC Home Championships	Adwick Leisure	NE221238	4
50 Breaststroke	34.39	35.30	381	28/01/18	Alec James BML Individual Championships 2017	Adwick	NE180486	3
100 Breaststroke	1:11.97	1:13.70	453	16/10/22	Adwick ASC DMasa Individual Championships 2022	Adwick	NE221399	4
50 Butterfly	31.53	32.10	328	28/01/18	Alec James BML Individual Championships 2017	Adwick	NE180486	3
100 Butterfly	1:07.01	1:08.10	362	16/10/22	Adwick ASC DMasa Individual Championships 2022	Adwick	NE221399	4
200 Butterfly	2:52.65	2:54.50	237	15/09/22	Adwick ASC Home Championships	Adwick Leisure	NE221238	4
50 Backstroke	33.99	34.60	275	05/03/17	Doncaster Dartes March Sprints	Adwick	NE170458	3
100 Backstroke	1:18.08	1:19.10	237	08/10/16	DMASA Individual Champs ('The Mets')	Adwick	NE161698	4
100 Individual Medley	1:08.10	1:08.10	378	16/10/22	Adwick ASC DMasa Individual Championships 2022	Adwick	NE221399	4