

Individual Best Times (All Time)

Osian Williams - (975060) - Llandudno Swimming

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.87	31.20	282	04/08/17	Swim Wales Summer Nationals	Swansea	WL170074	1
100 Freestyle	1:08.71	1:07.50	317	24/02/18	Swansea Aquatics Long Course Spring Meet	Swansea	WL180012	1
200 Freestyle	2:32.79	2:30.50	297	25/02/18	Swansea Aquatics Long Course Spring Meet	Swansea	WL180012	1
50 Breaststroke	42.96	42.20	220	01/08/17	Swim Wales Summer Nationals	Swansea	WL170074	1
100 Breaststroke	1:36.49	1:35.20	204	14/01/17	Swim Wales New Year Pentathlon	Swansea	WL170072	3
50 Butterfly	38.88	38.40	187	28/03/16	Swim Wales Long Course Championships	Swansea	WL160019	1
100 Butterfly	1:30.38	1:29.50	163	19/05/18	City of Sheffield Swim Squad No Frills 2018	Sheffield	NE180163	3
50 Backstroke	39.07	38.60	218	13/05/17	Swansea Aquatics Long Course Meet 2017	Swansea	WL170095	1
100 Backstroke	1:26.04	1:25.10	215	26/03/16	Swim Wales Long Course Championships	Swansea	WL160019	1
200 Backstroke	3:06.01	3:04.20	217	01/08/16	Swim Wales Summer Nationals	Swansea	WL160020	1
200 Individual Medley	2:57.98	2:55.70	262	19/03/17	City of Cardiff Tiger Bay Open Meet 2017	Cardiff	WL170098	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.63	31.30	285	26/11/17	Swim Wales North Sub Regional Championships	Llandudno	WL170080	3
100 Freestyle	1:06.96	1:08.20	300	07/02/18	SW North Regional Championships	Llandudno	WL180044	2
200 Freestyle	2:31.22	2:33.50	283	26/11/17	Swim Wales North Sub Regional Championships	Llandudno	WL170080	3
400 Freestyle	5:27.87	5:32.10	271	25/11/17	Swim Wales North Sub Regional Championships	Llandudno	WL170080	3
1500 Freestyle	21:49.37	22:05.10	270	23/09/17	Swim Conwy Closed Invitational Meet	Llandudno	WL171456	3
50 Breaststroke	42.47	43.20	202	07/02/17	Swim Wales North Regional Championships	Llandudno	WL170078	2
100 Breaststroke	1:30.84	1:32.20	225	09/07/17	Len Thomas Memorial Sprint Meet	Llandudno	WL171152	2
200 Breaststroke	3:21.41	3:24.00	212	03/02/18	SW North Regional Championships	Llandudno	WL180044	2
50 Butterfly	36.18	36.70	217	03/02/18	SW North Regional Championships	Llandudno	WL180044	2
100 Butterfly	1:22.25	1:23.20	196	25/11/17	Swim Wales North Sub Regional Championships	Llandudno	WL170080	3
200 Butterfly	3:25.04	3:26.60	141	25/09/16	Conwy County Aquatics Closed Invitational	Llandudno	WL161540	3
50 Backstroke	35.99	36.50	231	08/02/17	Swim Wales North Regional Championships	Llandudno	WL170078	2
100 Backstroke	1:19.22	1:20.20	227	03/02/18	SW North Regional Championships	Llandudno	WL180044	2
200 Backstroke	2:50.86	2:52.80	236	04/02/18	SW North Regional Championships	Llandudno	WL180044	2
200 Individual Medley	2:49.35	2:51.70	271	06/02/18	SW North Regional Championships	Llandudno	WL180044	2
400 Individual Medley	6:34.08	6:38.50	211	25/09/16	Conwy County Aquatics Closed Invitational	Llandudno	WL161540	3
100 Individual Medley	1:19.50	1:19.50	238	09/07/17	Len Thomas Memorial Sprint Meet	Llandudno	WL171152	2