

Individual Best Times (All Time)

Ciaran Cromwell - (1100941) - Bracknell & Wokingham SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	25.71	24.90	537	25/02/23	BUCS Long Course Swimming Championships 2023	Sheffield	NE230349	1
100 Freestyle	59.74	58.30	482	28/01/18	Berks & Sth Bucks County Championships	Wycombe	SE180130	1
200 Freestyle	2:15.63	2:13.00	425	26/03/17	Bracknell Wokingham Spring Level 3 Open Meet	Aldershot	SE170537	3
100 Breaststroke	2:12.96	2:12.00	78	24/11/12	Bracknell & Wokingham Club Championships	Aldershot	SE2685	4
50 Butterfly	39.46	39.00	179	06/04/14	The Bracknell Spring Level 3 Open Meet 2014	Aldershot	SE4227	3
100 Butterfly	1:35.02	1:34.20	140	05/04/14	The Bracknell Spring Level 3 Open Meet 2014	Aldershot	SE4227	3
50 Backstroke	29.78	29.10	494	25/02/23	BUCS Long Course Swimming Championships 2023	Sheffield	NE230349	1
100 Backstroke	1:08.94	1:07.80	419	13/01/18	Berks & Sth Bucks County Championships	Wycombe	SE180129	1
200 Backstroke	2:28.84	2:26.60	425	28/01/18	Berks & Sth Bucks County Championships	Wycombe	SE180130	1
200 Individual Medley	3:11.85	3:09.80	209	05/04/14	The Bracknell Spring Level 3 Open Meet 2014	Aldershot	SE4227	3
400 Individual Medley	6:25.50	6:20.90	248	18/10/14	Bracknell & Wokingham SC 2014 Club Championships	Aldershot	SE14246	4

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.47	27.20	441	15/12/18	Bracknell and Wokingham 2018 President's Cup	Bracknell	SE182176	4
100 Freestyle	57.88	59.30	464	25/11/18	Bracknell & Wokingham County Qualifier & Relay	Bracknell	SE181888	3
200 Freestyle	2:09.75	2:12.40	449	24/11/18	Bracknell & Wokingham County Qualifier & Relay	Bracknell	SE181888	3
400 Freestyle	4:42.22	4:47.10	425	15/07/17	Bracknell & Wokingham 2017 Club Championships	Bracknell	SE171244	4
50 Breaststroke	37.95	38.80	284	15/12/18	Bracknell and Wokingham 2018 President's Cup	Bracknell	SE182176	4
100 Breaststroke	1:41.37	1:42.60	162	04/10/14	Bracknell & Wokingham Club Championships	Bracknell	SE14244	4
200 Breaststroke	3:20.00	3:22.60	216	17/10/15	Bracknell & Wokingham 2015 Club Championships	Bracknell	SE150858	4
50 Butterfly	29.11	29.80	417	15/12/18	Bracknell and Wokingham 2018 President's Cup	Bracknell	SE182176	4
100 Butterfly	1:17.10	1:18.10	237	17/10/15	Bracknell & Wokingham 2015 Club Championships	Bracknell	SE150858	4
200 Butterfly	2:57.82	2:59.60	216	17/10/15	Bracknell & Wokingham 2015 Club Championships	Bracknell	SE150858	4
50 Backstroke	29.81	30.50	408	15/12/18	Bracknell and Wokingham 2018 President's Cup	Bracknell	SE182176	4
100 Backstroke	1:04.25	1:05.50	425	24/11/18	Bracknell & Wokingham County Qualifier & Relay	Bracknell	SE181888	3
200 Backstroke	2:22.99	2:25.30	403	14/07/18	Bracknell & Wokingham Club Championships 2018	Bracknell	SE180770	4
200 Individual Medley	2:33.00	2:35.60	367	23/09/17	Bracknell & Wokingham 2017 Club Championships	Bracknell	SE171245	4
100 Individual Medley	1:12.40	1:12.40	315	02/07/16	Bracknell & Wokingham Summer L3 Meet	Bracknell	SE161079	3