

Individual Best Times (All Time)

Cerys Cook - (1104241) - Worthing Swimming Club

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.90	30.60	451	05/03/23	Atlantis SC March Madness Sprint Meet 2023	Horsham	SE230051	3
100 Freestyle	1:07.89	1:09.10	405	08/01/23	Littlehampton SC Splash into 2023	Arun LC	SE230004	3
200 Freestyle	2:37.78	2:40.00	341	27/11/21	Atlantis Christmas Cracker 2021	Horsham	SE210225	3
50 Breaststroke	38.73	39.50	393	24/06/23	Atlantis Summer Splash 2023	Horsham	SE230391	3
100 Breaststroke	1:27.20	1:28.60	365	25/06/23	Atlantis Summer Splash 2023	Horsham	SE230391	3
200 Breaststroke	3:13.72	3:16.40	335	17/11/23	Worthing SC 200m and IM Club Championships 2023	Worthing	SE232514	4
50 Butterfly	36.19	36.70	305	18/06/22	Worthing SC Sprint Championships	Worthing	SE221354	4
100 Butterfly	1:40.68	1:41.40	154	09/10/21	National Arena Swimming League South Round One	Southampton	SE210735	3
50 Backstroke	37.35	37.90	308	08/01/23	Littlehampton SC Splash into 2023	Arun LC	SE230004	3
100 Backstroke	1:36.05	1:36.90	186	27/09/19	Worthing Championships	Worthing	SE192074	4
200 Backstroke	4:02.11	4:03.50	118	17/11/18	Worthing Open Championships	Worthing	SE181527	4
100 Individual Medley	1:18.31	1:18.30	375	26/09/22	Worthing SC 100 and 200	Worthing	SE222020	4