

Individual Best Times (All Time)

Cerys Prince-Rayner - (1108262) - Winchester City Penguins

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	33.58	33.00	347	16/07/16	Portsmouth Northsea End of Season Meet	Portsmouth	SE160364	3
100 Freestyle	1:04.96	1:03.70	504	24/07/21	Derwentio eXcel Welcome Back Long Course Open	Pond Forge	EM210150	3
200 Freestyle	2:17.66	2:15.10	550	24/07/21	Derwentio eXcel Welcome Back Long Course Open	Pond Forge	EM210150	3
400 Freestyle	4:45.50	4:40.50	560	09/02/20	Hampshire County Championships 2020	Portsmouth	SE200384	1
800 Freestyle	9:49.36	9:39.50	556	17/01/20	Hampshire County Championships 2020	Portsmouth	SE200382	1
50 Butterfly	33.51	32.90	387	30/03/18	Portsmouth Northsea Easter Meet	Mountbatten SC	SE180278	1
50 Backstroke	34.02	33.40	492	08/02/20	Hampshire County Championships 2020	Portsmouth	SE200384	1
100 Backstroke	1:13.27	1:12.20	479	09/02/20	Hampshire County Championships 2020	Portsmouth	SE200384	1
200 Backstroke	2:33.92	2:31.70	512	08/02/20	Hampshire County Championships 2020	Portsmouth	SE200384	1
200 Individual Medley	3:30.33	3:28.40	215	11/01/15	Rushmoor Royals 9th New Year Open Meet	Aldershot	SE150330	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.48	31.20	425	16/03/19	Forest of Bere Regional Chaser Meet	Waterlooville	SE190315	3
100 Freestyle	1:03.13	1:04.40	504	17/10/21	Team Bath AS TYR Super Series	Millfield	SW210423	2
200 Freestyle	2:14.51	2:17.10	551	16/10/21	Team Bath AS TYR Super Series	Millfield	SW210423	2
400 Freestyle	4:37.19	4:42.20	581	14/03/20	Forest of Bere Regional Chaser 2020	Waterlooville	SE200291	3
800 Freestyle	9:39.82	9:49.70	558	07/11/21	SE South East Open/Junior Swimming Championships	Winchester	SE211170	2
50 Breaststroke	44.53	45.20	258	04/11/17	Winchester City Penguins Club Championships	St Swithuns	SE172097	4
50 Butterfly	33.38	33.90	389	28/01/18	Hampshire County Championships 2018	Waterlooville	SE180726	2
50 Backstroke	32.89	33.50	452	17/11/19	Super Series Autumn Level 2 Short Course Meet	Hengrove	SW192989	2
100 Backstroke	1:08.97	1:10.10	504	16/10/21	Team Bath AS TYR Super Series	Millfield	SW210423	2
200 Backstroke	2:27.55	2:29.80	523	14/03/20	Forest of Bere Regional Chaser 2020	Waterlooville	SE200291	3
200 Individual Medley	2:40.63	2:43.10	436	21/10/17	Winchester City Penguins Club Championships	St Swithuns	SE172095	4
100 Individual Medley	1:19.88	1:19.90	354	08/09/18	Winchester City Penguins Club Championships 2018	St Swithuns School	SE181929	4