

Individual Best Times (All Time)

Cerys Brook - (1229328) - Stourbridge SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	32.30	31.60	390	02/04/23	City Of Bristol L1 International Open Meet 2023	Hengrove Park	SW230329	1
100 Freestyle	1:12.82	1:11.70	358	17/07/22	City of Bristol Summer Festival	Hengrove	SW220765	3
200 Freestyle	2:31.59	2:29.30	412	02/04/23	City Of Bristol L1 International Open Meet 2023	Hengrove Park	SW230329	1
400 Freestyle	5:31.87	5:27.60	356	02/04/22	City of Bristol L1 International Open Meet	Hengrove	SW220210	1
50 Breaststroke	40.21	39.40	381	07/04/24	City of Bristol L1 International Open Meet 2024	Bristol	SW240226	1
100 Breaststroke	1:29.27	1:27.80	370	02/04/22	City of Bristol L1 International Open Meet	Hengrove	SW220210	1
200 Breaststroke	3:13.06	3:10.30	361	06/04/24	City of Bristol L1 International Open Meet 2024	Bristol	SW240226	1
50 Butterfly	32.69	32.10	417	06/04/24	City of Bristol L1 International Open Meet 2024	Bristol	SW240226	1
100 Butterfly	1:11.40	1:10.30	469	29/04/23	West Midland Regional Summer Championships 2023	Coventry	WM230351	1
200 Butterfly	2:40.70	2:38.70	435	07/05/23	West Midland Regional Summer Championships 2023	Coventry	WM230352	1
50 Backstroke	36.76	36.20	390	02/04/23	City Of Bristol L1 International Open Meet 2023	Hengrove Park	SW230329	1
200 Backstroke	3:02.14	3:00.30	309	02/04/22	City of Bristol L1 International Open Meet	Hengrove	SW220210	1
200 Individual Medley	2:53.51	2:51.20	384	02/04/22	City of Bristol L1 International Open Meet	Hengrove	SW220210	1
400 Individual Medley	6:02.93	5:58.00	393	03/04/22	City of Bristol L1 International Open Meet	Hengrove	SW220210	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.75	30.40	457	04/02/24	Worcester County SA County Championships 2024	Smethwick	WM240081	2
100 Freestyle	1:06.48	1:07.70	431	29/01/23	Worcester County SA Championships 2023	Worcester	WM230066	2
200 Freestyle	2:24.64	2:27.00	443	28/10/23	Sandwell Aquatics Club Trident Open Meet 2023	Sandwell	WM231538	3
400 Freestyle	5:06.83	5:11.40	428	23/10/23	Stourbridge SC Club Championships 2023	Dudley	WM232045	4
800 Freestyle	10:42.36	10:51.30	410	14/01/24	Worcester County SA County Championships 2024	Wolverhampton	WM240079	2
1500 Freestyle	20:55.97	21:12.30	378	02/10/23	Stourbridge SC Club Championships 2023	Dudley	WM232042	4
50 Breaststroke	38.79	39.60	391	24/02/24	Stourbridge SC Crystal Open Meet 2024	Wolverhampton	WM240325	3
100 Breaststroke	1:24.59	1:26.10	400	24/02/24	Stourbridge SC Crystal Open Meet 2024	Wolverhampton	WM240325	3
200 Breaststroke	3:04.80	3:07.60	386	25/02/24	Stourbridge SC Crystal Open Meet 2024	Wolverhampton	WM240325	3
50 Butterfly	31.52	32.10	462	27/01/24	Worcester County SA County Championships 2024	Worcester	WM240080	2
100 Butterfly	1:09.39	1:10.50	472	04/11/23	SE West Midlands Winter Championships 2023	Sandwell	WM232038	2
200 Butterfly	2:39.25	2:41.20	423	12/02/23	Worcester County SA Championships 2023	Wolverhampton	WM230067	2
50 Backstroke	34.82	35.40	381	24/02/24	Stourbridge SC Crystal Open Meet 2024	Wolverhampton	WM240325	3
100 Backstroke	1:17.03	1:18.10	361	27/10/23	Oswestry Otters Club Champs 2023	Oswestry	WM231361	4
200 Backstroke	2:46.42	2:48.40	365	29/10/22	Sandwell Aquatics Club 1st Annual Open Meet 2022	Wolverhampton	WM220780	3
200 Individual Medley	2:40.92	2:43.40	434	29/10/23	Sandwell Aquatics Club Trident Open Meet 2023	Sandwell	WM231538	3
400 Individual Medley	5:42.61	5:47.70	431	04/02/24	Worcester County SA County Championships 2024	Smethwick	WM240081	2
100 Individual Medley	1:14.50	1:14.50	436	29/10/23	Sandwell Aquatics Club Trident Open Meet 2023	Sandwell	WM231538	3