

Individual Best Times (All Time)

Cerys Thomas - (1261119) - Adwick (Doncaster) SC

Long Course

| Stroke | LC Time | Converted to SC | LC WA Pts | Date | Meet | Venue | Licence | Level |
|-----------------------|---------|-----------------|-----------|----------|--|-----------|----------|-------|
| 50 Freestyle | 36.16 | 35.60 | 278 | 03/09/17 | Sheffield & District Championships | Sheffield | NE170631 | 4 |
| 100 Freestyle | 1:16.31 | 1:15.20 | 311 | 08/12/18 | Borough of Barnsley 23rd Annual Christmas Sprint | Sheffield | NE182360 | 3 |
| 200 Freestyle | 2:44.98 | 2:42.90 | 320 | 12/03/22 | Team Jorvik Spring Festival 2022 | Leeds | NE220189 | 3 |
| 400 Freestyle | 5:12.12 | 5:07.60 | 428 | 08/09/19 | Sheffield & District ASA Championships | Sheffield | NE191611 | 4 |
| 50 Breaststroke | 40.60 | 39.80 | 370 | 22/02/20 | Yorkshire County Championships Level of Meet | Sheffield | NE200185 | 1 |
| 100 Breaststroke | 1:31.64 | 1:30.30 | 342 | 08/09/19 | Sheffield & District ASA Championships | Sheffield | NE191611 | 4 |
| 200 Breaststroke | 3:36.53 | 3:34.10 | 256 | 03/09/17 | Sheffield & District Championships | Sheffield | NE170631 | 4 |
| 50 Butterfly | 39.54 | 39.10 | 235 | 08/12/18 | Borough of Barnsley 23rd Annual Christmas Sprint | Sheffield | NE182360 | 3 |
| 100 Butterfly | 1:27.57 | 1:26.70 | 254 | 21/04/18 | Stocksbridge Spring Open | Sheffield | NE180244 | 3 |
| 50 Backstroke | 40.38 | 39.90 | 294 | 11/12/21 | Bo of Barnsley SC Christmas Sprints | Sheffield | NE210579 | 3 |
| 100 Backstroke | 1:41.65 | 1:40.90 | 179 | 03/12/16 | Bo Barnsley 21st Annual Christmas Sprint | Sheffield | NE160960 | 3 |
| 200 Backstroke | 3:16.25 | 3:14.50 | 247 | 18/03/17 | City of Cardiff Tiger Bay Open Meet 2017 | Cardiff | WL170098 | 3 |
| 200 Individual Medley | 2:51.71 | 2:49.40 | 396 | 08/09/19 | Sheffield & District ASA Championships | Sheffield | NE191611 | 4 |

Short Course

| Stroke | SC Time | Converted to LC | SC WA Pts | Date | Meet | Venue | License | Level |
|-----------------------|----------|-----------------|-----------|----------|---|-----------|----------|-------|
| 50 Freestyle | 33.34 | 34.00 | 325 | 09/11/19 | Adwick Home Championships | Adwick | NE192018 | 4 |
| 100 Freestyle | 1:10.49 | 1:11.70 | 362 | 13/11/21 | Adwick SC Home Championships | Adwick | NE210162 | 4 |
| 200 Freestyle | 2:30.94 | 2:33.20 | 390 | 02/12/18 | York City Winter Swim Extravaganza 2018 | Leeds | NE181622 | 3 |
| 400 Freestyle | 5:10.55 | 5:15.00 | 413 | 06/01/19 | HARROGATE JANUS A & B GRADE MEET | HARROGATE | NE190225 | 3 |
| 800 Freestyle | 10:33.48 | 10:42.50 | 428 | 18/11/18 | Doncater Dartes Distance Trials | Adwick | NE182247 | 4 |
| 50 Breaststroke | 39.85 | 40.60 | 360 | 09/11/19 | Adwick Home Championships | Adwick | NE192018 | 4 |
| 100 Breaststroke | 1:26.06 | 1:27.50 | 380 | 20/10/19 | Yorkshire Swimming Association Winter Competition | Sheffield | NE192012 | 2 |
| 200 Breaststroke | 3:02.62 | 3:05.50 | 400 | 15/06/19 | Harrogate Summer A Grade Meet | Harrogate | NE190473 | 3 |
| 50 Butterfly | 36.77 | 37.30 | 291 | 11/11/18 | Adwick Home Championships | Adwick | NE181399 | 4 |
| 100 Butterfly | 1:23.88 | 1:24.80 | 267 | 13/11/21 | Adwick SC Home Championships | Adwick | NE210162 | 4 |
| 200 Butterfly | 3:01.79 | 3:03.50 | 284 | 05/07/18 | Adwick Home Championships | Adwick | NE181397 | 4 |
| 50 Backstroke | 38.63 | 39.10 | 279 | 10/11/19 | Adwick Home Championships | Adwick | NE192018 | 4 |
| 100 Backstroke | 1:18.87 | 1:19.90 | 337 | 16/06/19 | Harrogate Summer A Grade Meet | Harrogate | NE190473 | 3 |
| 200 Backstroke | 2:54.24 | 2:56.10 | 318 | 12/07/18 | Adwick Home Championships | Adwick | NE181397 | 4 |
| 200 Individual Medley | 2:44.48 | 2:46.90 | 406 | 04/07/19 | Adwick Home Championships | Adwick | NE192016 | 4 |
| 400 Individual Medley | 5:37.68 | 5:42.80 | 450 | 15/06/19 | Harrogate Summer A Grade Meet | Harrogate | NE190473 | 3 |
| 100 Individual Medley | 1:18.84 | 1:18.80 | 368 | 09/11/19 | Adwick Home Championships | Adwick | NE192018 | 4 |