

# Individual Best Times (All Time)

Carys Roberts - (1322698) - Winsford Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.30	26.50	646	10/03/24	Swedish Grand Prix 2024	Kungsbacka	GBR2278	1
100 Freestyle	59.92	58.50	642	16/03/24	City of Manchester International Swim Meet 2024	Manchester	NW240474	1
200 Freestyle	2:15.37	2:12.80	579	11/03/23	Stockport Metro Spring Long Course Open Meet 2023	Stockport	NW230479	1
400 Freestyle	4:53.88	4:49.10	513	25/07/21	North West Summer Festival of Swimming	Manchester	NW210291	1
50 Backstroke	32.34	31.70	572	26/03/22	SE North West Summer Regional Swimming Champs	Liverpool	NW220368	1
100 Backstroke	1:12.69	1:11.60	490	24/07/21	North West Summer Festival of Swimming	Manchester	NW210291	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.76	27.50	629	05/11/23	SE NW Regional Winter Championships 2023	Manchester	NW231877	2
100 Freestyle	57.82	59.20	656	29/01/23	Cheshire County Swimming Championships 2023	Macclesfield	NW230324	2
200 Freestyle	2:09.12	2:11.80	623	04/02/23	Cheshire County Swimming Championships 2023	Macclesfield	NW230325	2
400 Freestyle	4:47.60	4:52.40	520	03/07/21	Winsford ASC Summer Meet 2021	Winsford	NW210071	4
50 Breaststroke	42.44	43.20	298	06/10/18	North Midlands S&WPA 2018 Association Championship	Macclesfield	NW181707	3
100 Breaststroke	1:44.77	1:46.00	210	07/10/17	2017 Association Championships	Macclesfield	NW172021	3
200 Breaststroke	3:47.52	3:49.80	206	23/09/17	Winsford Club Championships 2017	Winsford	NW171142	4
50 Butterfly	33.44	34.00	387	19/10/19	North Midlands Championships 2019	Macclesfield	NW192521	3
50 Backstroke	30.96	31.60	542	04/02/23	Cheshire County Swimming Championships 2023	Macclesfield	NW230325	2
100 Backstroke	1:08.15	1:09.30	522	21/10/23	North Midlands Annual Championships 2023	Macclesfield	NW231634	3
200 Backstroke	2:30.03	2:32.20	498	26/09/21	Winsford ASC Club Championships 2021	Winsford	NW210441	4
200 Individual Medley	2:35.07	2:37.60	485	24/06/23	Winsford Club Championships 2023	Winsford	NW230664	4
100 Individual Medley	1:09.43	1:09.40	539	22/01/23	Cheshire County Swimming Championships 2023	Macclesfield	NW230323	2