

# Individual Best Times (All Time)

Cernyw Evans - (276476) - Nofio Clwyd

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	25.40	24.60	557	01/04/13	BG Swim Wales AG & Yth & Senior Champs	Swansea	WAL483	1
100 Freestyle	54.80	53.30	625	30/03/13	BG Swim Wales AG & Yth & Senior Champs	Swansea	WAL483	1
200 Freestyle	2:01.51	1:58.60	591	02/08/11	Welsh Summer Nationals	Swansea	WAL375	1
400 Freestyle	4:22.22	4:16.80	591	03/08/11	Welsh Summer Nationals	Swansea	WAL375	1
800 Freestyle	9:09.78	8:59.20	556	04/07/10	Cardiff International Open	Cardiff	WAL307	1
100 Breaststroke	1:27.63	1:26.20	273	21/11/09	BG Welsh Winter Meet 2009	Swansea	WAL261	1
50 Butterfly	28.25	27.60	489	16/12/11	British Gas Swim Wales Winter Open Champs	Swansea	WAL402	1
100 Butterfly	1:02.16	1:00.90	503	19/11/10	Swim Wales Winter Championships	Swansea	WAL327	1
200 Butterfly	2:18.70	2:16.40	503	01/07/11	Cardiff International Open Meet 2011	Cardiff	WAL371	1
50 Backstroke	29.89	29.20	489	27/05/11	Celtic Tri Nations 2011	Swansea	WAL364	1
100 Backstroke	1:03.90	1:02.60	526	21/11/10	Swim Wales Winter Championships	Swansea	WAL327	1
200 Backstroke	2:18.39	2:16.00	528	19/11/10	Swim Wales Winter Championships	Swansea	WAL327	1
200 Individual Medley	2:32.49	2:29.90	417	30/07/09	Welsh Summer Nationals	Swansea	WAL250	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	24.66	25.50	546	10/02/13	SWNR Regional Championships	Llandudno	WAL476	2
100 Freestyle	54.60	56.10	553	07/10/12	Wirral Metro Autumn Meet	Birkenhead	NW2238	2
200 Freestyle	1:58.00	2:00.90	597	02/02/13	SWNR Regional Championships	Llandudno	WAL475	2
400 Freestyle	4:14.37	4:19.80	580	13/02/11	Swim Wales North 2011 Regional Champs	Llandudno	WAL343	2
800 Freestyle	9:00.51	9:11.10	552	07/02/10	Swim Wales North Regional	Llandudno	WAL282	1
1500 Freestyle	18:01.52	18:20.40	480	05/12/09	North Sub Regional Champ	Llandudno	WAL270	4
50 Breaststroke	46.54	47.20	154	05/07/08	Holywell Summer Sprint	Holywell	WAL194	3
100 Breaststroke	1:26.97	1:28.40	256	13/06/09	Cath Ankers Meet	Wrexham	WAL240	3
50 Butterfly	29.78	30.40	389	04/07/09	Holywell Summer Sprints	Holywell	WAL246	3
100 Butterfly	1:00.54	1:01.80	491	07/10/12	Wirral Metro Autumn Meet	Birkenhead	NW2238	2
200 Butterfly	2:16.06	2:18.40	484	10/02/13	SWNR Regional Championships	Llandudno	WAL476	2
50 Backstroke	30.88	31.50	367	04/07/09	Holywell Summer Sprints	Holywell	WAL246	3
100 Backstroke	1:01.41	1:02.70	487	02/02/13	SWNR Regional Championships	Llandudno	WAL475	2
200 Backstroke	2:14.15	2:16.60	488	06/02/11	Swim Wales North 2011 Regional Champs	Llandudno	WAL342	2
200 Individual Medley	2:26.67	2:29.30	417	11/10/09	NEWSA Championships	Holywell	WAL254	3
100 Individual Medley	1:09.22	1:09.20	360	04/07/09	Holywell Summer Sprints	Holywell	WAL246	3