

Individual Best Times (All Time)

Cerys Alton-Shardlow - (900564) - City of Derby Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	32.81	32.20	372	26/05/18	Cardiff International Open Meet	Cardiff	WL180158	1
100 Freestyle	1:10.04	1:08.80	402	25/05/18	Cardiff International Open Meet	Cardiff	WL180158	1
200 Freestyle	2:36.86	2:34.60	372	26/05/18	Cardiff International Open Meet	Cardiff	WL180158	1
50 Breaststroke	45.36	44.70	265	25/05/18	Cardiff International Open Meet	Cardiff	WL180158	1
50 Butterfly	51.57	51.20	106	17/11/13	Derbyshire ASA Long Course Meet	Sheffield	EM3800	3
50 Backstroke	48.75	48.30	167	17/11/13	Derbyshire ASA Long Course Meet	Sheffield	EM3800	3
100 Backstroke	1:21.75	1:20.80	344	25/05/18	Cardiff International Open Meet	Cardiff	WL180158	1
200 Backstroke	2:50.72	2:48.80	375	27/05/18	Cardiff International Open Meet	Cardiff	WL180158	1
200 Individual Medley	2:55.29	2:53.00	372	27/05/18	Cardiff International Open Meet	Cardiff	WL180158	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.19	30.90	438	24/02/18	Derbyshire ASA County Championships 2018	Matlock	EM180370	2
100 Freestyle	1:07.14	1:08.40	419	14/07/18	Chesterfield Summer Splash	Matlock	EM181251	3
200 Freestyle	2:27.60	2:29.90	417	14/07/18	Chesterfield Summer Splash	Matlock	EM181251	3
400 Freestyle	6:37.30	6:40.80	197	12/07/14	Chesterfield SC Summer Splash 2014	Chesterfield	EM4485	3
50 Breaststroke	42.18	42.90	304	16/12/17	Chesterfield Winter Open Championships	Matlock	EM172301	3
100 Breaststroke	1:32.45	1:33.80	306	07/07/18	City of Derby B Grade 2018 Level 3 Open Meet	Derby	EM181183	3
200 Breaststroke	3:19.44	3:22.10	307	10/12/17	City of Derby Club Championships 2017	Derby	EM171976	4
50 Butterfly	36.15	36.70	306	17/12/17	Chesterfield Winter Open Championships	Matlock	EM172301	3
100 Butterfly	1:21.36	1:22.30	293	10/12/17	City of Derby Club Championships 2017	Derby	EM171976	4
50 Backstroke	34.94	35.50	377	14/07/18	Chesterfield Summer Splash	Matlock	EM181251	3
100 Backstroke	1:15.70	1:16.80	381	15/07/18	Chesterfield Summer Splash	Matlock	EM181251	3
200 Backstroke	2:44.51	2:46.50	377	16/12/18	Chesterfield Winter Open Championships	Matlock	EM181612	3
200 Individual Medley	2:52.39	2:54.70	353	18/02/18	Derbyshire ASA County Championships 2018	Matlock	EM180369	2
100 Individual Medley	1:20.01	1:20.00	352	17/12/17	Chesterfield Winter Open Championships	Matlock	EM172301	3