

Individual Best Times (All Time)

Cerys Cuddihy - (904448) - Llandudno Swimming

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	43.33	42.80	161	06/07/13	Gemau Cymru 2013	Cardiff	WAL509	3
100 Breaststroke	1:58.14	1:57.10	159	06/07/13	Gemau Cymru 2013	Cardiff	WAL509	3
200 Individual Medley	3:57.07	3:55.40	150	06/07/13	Gemau Cymru 2013	Cardiff	WAL509	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	41.50	42.00	168	13/04/13	City of Bangor Diddy Gala	Bangor	WAL487	4
100 Freestyle	1:31.12	1:32.00	167	08/12/13	BG Swim Wales North Sub Regional Champs	Llandudno	WAL536	4
200 Freestyle	3:14.20	3:16.00	183	08/12/13	BG Swim Wales North Sub Regional Champs	Llandudno	WAL536	4
400 Freestyle	6:49.89	6:53.30	179	07/12/13	BG Swim Wales North Sub Regional Champs	Llandudno	WAL536	4
800 Freestyle	14:47.34	14:53.90	155	20/10/13	Swim Conway Autumn Meet	Llandudno	WAL523	1
50 Breaststroke	52.47	53.10	158	20/10/13	Swim Conway Autumn Meet	Llandudno	WAL523	1
100 Breaststroke	1:49.56	1:50.70	184	07/12/13	BG Swim Wales North Sub Regional Champs	Llandudno	WAL536	4
200 Breaststroke	3:50.26	3:52.60	199	07/12/13	BG Swim Wales North Sub Regional Champs	Llandudno	WAL536	4
50 Butterfly	50.06	50.40	115	26/05/13	Swim Conway Whitsun Meet	Llandudno	WAL498	2
100 Butterfly	1:51.21	1:51.90	114	07/12/13	BG Swim Wales North Sub Regional Champs	Llandudno	WAL536	4
200 Butterfly	4:02.55	4:03.90	119	08/12/13	BG Swim Wales North Sub Regional Champs	Llandudno	WAL536	4
50 Backstroke	49.19	49.60	135	13/04/13	City of Bangor Diddy Gala	Bangor	WAL487	4
100 Backstroke	1:41.83	1:42.60	156	08/12/13	BG Swim Wales North Sub Regional Champs	Llandudno	WAL536	4
200 Backstroke	3:44.49	3:46.00	148	28/09/13	Swim Conway Closed Invitation Meet	Llandudno	WAL518	4
200 Individual Medley	3:36.74	3:38.60	177	08/12/13	BG Swim Wales North Sub Regional Champs	Llandudno	WAL536	4
400 Individual Medley	7:31.45	7:35.30	188	07/12/13	BG Swim Wales North Sub Regional Champs	Llandudno	WAL536	4
100 Individual Medley	1:42.43	1:42.40	167	13/04/13	City of Bangor Diddy Gala	Bangor	WAL487	4