

Individual Best Times (All Time)

Charlotte Winstanley - (1137273) - Southport SC

Long Course

| Stroke | LC Time | Converted to SC | LC WA Pts | Date | Meet | Venue | Licence | Level |
|------------------|---------|-----------------|-----------|----------|--|------------|----------|-------|
| 50 Breaststroke | 42.56 | 41.80 | 321 | 13/05/18 | Manchester Open Meet 2018 | Manchester | NW180648 | 1 |
| 200 Breaststroke | 3:18.71 | 3:16.00 | 331 | 25/03/18 | Stockport Metro National Qualification Meet 2018 | Stockport | NW180652 | 1 |

Short Course

| Stroke | SC Time | Converted to LC | SC WA Pts | Date | Meet | Venue | License | Level |
|-----------------------|----------|-----------------|-----------|----------|--|-----------|----------|-------|
| 50 Freestyle | 34.16 | 34.80 | 302 | 14/11/17 | Southport Club Championships | Southport | NW172454 | 4 |
| 100 Freestyle | 1:13.68 | 1:14.80 | 317 | 16/11/17 | Southport Club Championships | Southport | NW172455 | 4 |
| 200 Freestyle | 2:35.79 | 2:38.00 | 354 | 21/11/17 | Southport Club Championships | Southport | NW172456 | 4 |
| 400 Freestyle | 5:25.88 | 5:30.20 | 357 | 14/11/17 | Southport Club Championships | Southport | NW172454 | 4 |
| 800 Freestyle | 11:28.31 | 11:36.70 | 333 | 23/11/17 | Southport Club Championships | Southport | NW172457 | 4 |
| 50 Breaststroke | 41.73 | 42.50 | 314 | 09/06/18 | PSC Summer Spectacular - L3 Open Meet | Darwen | NW180480 | 3 |
| 100 Breaststroke | 1:28.25 | 1:29.70 | 352 | 18/03/18 | Prescot & Everton Spring Meet 2018 | Knowsley | NW180131 | 3 |
| 200 Breaststroke | 3:05.78 | 3:08.60 | 380 | 18/03/18 | Prescot & Everton Spring Meet 2018 | Knowsley | NW180131 | 3 |
| 50 Butterfly | 36.00 | 36.50 | 310 | 16/09/17 | City of Liverpool Tadpoles Gala | Liverpool | NW171364 | 3 |
| 100 Butterfly | 1:18.05 | 1:19.00 | 332 | 17/03/18 | Prescot & Everton Spring Meet 2018 | Knowsley | NW180131 | 3 |
| 200 Butterfly | 2:54.11 | 2:55.90 | 324 | 18/11/17 | Wigan BEST Future Stars Open Meet | Wigan | NW171049 | 2 |
| 50 Backstroke | 41.86 | 42.30 | 219 | 10/11/16 | Southport Club Championships | Southport | NW162270 | 4 |
| 100 Backstroke | 1:25.89 | 1:26.80 | 261 | 15/11/16 | Southport Club Championships | Southport | NW162271 | 4 |
| 200 Individual Medley | 2:53.60 | 2:55.90 | 345 | 21/10/17 | Liverpool & District Age Group & Swimming Champs | Knowsley | NW172025 | 2 |
| 400 Individual Medley | 6:04.69 | 6:09.50 | 357 | 21/11/17 | Southport Club Championships | Southport | NW172456 | 4 |
| 100 Individual Medley | 1:42.44 | 1:42.40 | 167 | 20/09/14 | City of Liverpool Level 3 Tadpole Meet | Liverpool | NW4754 | 3 |