

Individual Best Times (All Time)

Abigail Dawson - (1144699) - Bor of Waltham Forest (Gators)

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.86	29.20	494	03/02/18	Essex Age Group Championships 2018	London	ER180155	1
100 Freestyle	1:06.45	1:05.20	471	17/02/18	Essex Age Group Championships 2018	Basildon	ER180157	1
200 Freestyle	2:28.70	2:26.30	437	21/01/18	Essex Age Group Championships 2018	Basildon	ER180154	1
400 Freestyle	5:13.45	5:08.90	423	18/03/17	Rushmoor Royals L1 Spring National Qualifier Open	Aldershot	SE170371	1
800 Freestyle	10:31.47	10:22.20	452	11/03/17	Rushmoor Royals L1 Spring National Qualifier Open	Aldershot	SE170370	1
50 Breaststroke	42.75	42.00	317	06/02/16	Essex Age Group Championships 2016	London	ER160003	1
100 Breaststroke	1:36.52	1:35.20	293	25/09/16	BWFSC County Qualifier Meet 2016	London	LR161616	3
200 Breaststroke	3:21.61	3:19.00	317	21/02/16	Essex Age Group Championships 2016	Basildon	ER160005	1
50 Butterfly	31.90	31.30	449	03/02/18	Essex Age Group Championships 2018	London	ER180155	1
100 Butterfly	1:13.82	1:12.80	424	21/01/18	Essex Age Group Championships 2018	Basildon	ER180154	1
200 Butterfly	2:51.05	2:49.20	361	29/10/17	Essex Senior Winter Championships 2017	Basildon	ER171405	1
50 Backstroke	36.63	36.10	394	03/02/18	Essex Age Group Championships 2018	London	ER180155	1
100 Backstroke	1:18.55	1:17.50	388	20/01/18	Essex Age Group Championships 2018	Basildon	ER180154	1
200 Backstroke	2:49.39	2:47.40	384	21/02/16	Essex Age Group Championships 2016	Basildon	ER160005	1
200 Individual Medley	2:47.56	2:45.20	426	29/10/17	Essex Senior Winter Championships 2017	Basildon	ER171405	1
400 Individual Medley	5:52.29	5:47.30	429	20/01/18	Essex Age Group Championships 2018	Basildon	ER180154	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.79	30.50	456	25/03/18	Lon Bor of Redbridge Last Chance Regional Quals	Lon Bor of Redbridge	LR180313	3
100 Freestyle	1:07.68	1:08.90	409	25/03/18	Lon Bor of Redbridge Last Chance Regional Quals	Lon Bor of Redbridge	LR180313	3
200 Freestyle	2:19.16	2:21.60	498	18/11/17	Harlow Penguins 2017 Winter Open Meet	Harlow	ER172064	3
400 Freestyle	4:55.85	5:00.60	477	22/11/17	Epping Forest Internal Club Champs	Loughton	ER172207	4
800 Freestyle	10:20.36	10:29.60	455	03/12/16	BPSC 1500 800 County/Regional Qualifier 2016	Basildon	ER161506	3
50 Breaststroke	42.21	43.00	303	25/03/17	LBR Regional Qualifying Meet March 2017	Fullwell Cross	LR170398	3
100 Breaststroke	1:29.49	1:30.90	338	26/11/17	Epping Forest Internal Club Champs	Loughton	ER172207	4
200 Breaststroke	3:09.77	3:12.50	356	03/12/17	Epping Forest Internal Club Champs	Loughton	ER172209	4
50 Butterfly	32.53	33.10	420	16/06/18	Harlow Penguins 7th Eric Shepherd Open Meet	Harlow	ER181242	3
100 Butterfly	1:13.43	1:14.50	398	24/03/18	Lon Bor of Redbridge Last Chance Regional Quals	Lon Bor of Redbridge	LR180313	3
200 Butterfly	2:45.59	2:47.50	376	03/12/17	Epping Forest Internal Club Champs	Loughton	ER172209	4
50 Backstroke	37.47	38.00	306	16/04/16	Thurrock Essex & Regional Qualifier 2016	Thurrock	ER160045	3
100 Backstroke	1:16.59	1:17.60	368	16/06/18	Harlow Penguins 7th Eric Shepherd Open Meet	Harlow	ER181242	3
200 Backstroke	2:45.75	2:47.80	369	16/09/16	BWFSC Club Championships	London	LR161089	4
200 Individual Medley	2:41.46	2:43.90	429	16/06/18	Harlow Penguins 7th Eric Shepherd Open Meet	Harlow	ER181242	3
400 Individual Medley	5:36.99	5:42.20	453	16/12/17	Last Chance County Qualifying Meet December 2017	Fullwell Cross	LR170570	3
100 Individual Medley	1:16.94	1:16.90	396	26/11/17	Epping Forest Internal Club Champs	Loughton	ER172207	4