

Individual Best Times (All Time)

Abigail Hancock - (1176090) - Colne Valley SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	32.60	32.00	379	21/01/17	Rotherham Metro 'A' & 'B' Grade Long Course Meet	Sheffield	NE170150	3
100 Freestyle	1:12.28	1:11.10	366	24/07/16	City of Sheffield Swim Squad Summer Meet 2016	Sheffield	NE160211	3
200 Freestyle	2:40.87	2:38.70	345	26/11/16	City of Sheffield Snow Frills Meet	Sheffield	NE160213	3
100 Breaststroke	1:41.69	1:40.40	250	21/01/17	Rotherham Metro 'A' & 'B' Grade Long Course Meet	Sheffield	NE170150	3
200 Breaststroke	3:38.56	3:36.10	249	24/07/16	City of Sheffield Swim Squad Summer Meet 2016	Sheffield	NE160211	3
50 Butterfly	35.35	34.80	330	27/02/16	Yorkshire County Championships	Sheffield	NE160070	1
100 Butterfly	1:23.37	1:22.50	294	21/01/17	Rotherham Metro 'A' & 'B' Grade Long Course Meet	Sheffield	NE170150	3
200 Butterfly	3:23.20	3:21.60	215	26/11/16	City of Sheffield Snow Frills Meet	Sheffield	NE160213	3
50 Backstroke	38.31	37.80	344	27/02/16	Yorkshire County Championships	Sheffield	NE160070	1
100 Backstroke	1:24.29	1:23.30	314	13/03/16	Team Jorvik Spring Festival	Leeds	NE160158	3
200 Backstroke	3:01.13	2:59.30	314	25/06/16	City of Leeds B Grade Meet 2016	Leeds	NE160163	3
200 Individual Medley	2:59.84	2:57.60	344	24/07/16	City of Sheffield Swim Squad Summer Meet 2016	Sheffield	NE160211	3
400 Individual Medley	6:31.00	6:26.50	314	26/06/16	City of Leeds B Grade Meet 2016	Leeds	NE160163	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.52	32.20	384	05/01/20	Harrogate Janus Meet	Harrogate Hydro	NE200095	3
100 Freestyle	1:11.27	1:12.40	350	17/09/17	BOK Grand Prix Invitational Series	Huddersfield	NE171824	4
200 Freestyle	2:34.69	2:36.90	362	24/06/17	City of Leeds Summer Meet 2017	Leeds	NE170157	3
400 Freestyle	5:37.32	5:41.50	322	15/04/18	Harrogate Spa Town A & B Grade Meet	Harrogate	NE180139	3
800 Freestyle	12:09.84	12:17.70	279	27/09/15	Borough of Kirklees Championship Series	Huddersfield	NE151542	4
50 Breaststroke	44.97	45.70	251	11/09/16	BOK Gran Prix Invitational Series	Huddersfield	NE162060	4
100 Breaststroke	1:40.60	1:41.80	238	07/01/17	Harrogate Janus A & B Grade Meet	Harrogate	NE170166	3
200 Breaststroke	3:40.54	3:42.90	227	01/11/15	Borough of Kirklees Championship Series	Huddersfield	NE151544	4
50 Butterfly	34.94	35.50	339	05/01/19	HARROGATE JANUS A & B GRADE MEET	HARROGATE	NE190225	3
100 Butterfly	1:23.95	1:24.90	266	24/06/17	City of Leeds Summer Meet 2017	Leeds	NE170157	3
200 Butterfly	3:25.21	3:26.70	198	17/05/15	Wear Valley May Level 3 Meet	Bishop Auckland	NE150261	3
50 Backstroke	36.10	36.70	342	05/01/20	Harrogate Janus Meet	Harrogate Hydro	NE200095	3
100 Backstroke	1:18.57	1:19.60	340	05/01/20	Harrogate Janus Meet	Harrogate Hydro	NE200095	3
200 Backstroke	2:51.91	2:53.80	331	05/01/20	Harrogate Janus Meet	Harrogate Hydro	NE200095	3
200 Individual Medley	2:56.84	2:59.10	327	14/04/18	Harrogate Spa Town A & B Grade Meet	Harrogate	NE180139	3
400 Individual Medley	6:53.13	6:57.40	246	04/07/15	Harrogate Summer A Grade Meet	Harrogate	NE151003	3
100 Individual Medley	1:23.31	1:23.30	312	17/04/16	Borough of Kirklees April Short Course Open Meet	Huddersfield	NE160599	3