

Individual Best Times (All Time)

Abigail Mountford - (1408381) - Wolverhampton SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.58	30.90	417	09/06/24	NOVA Centurion June Sprint Meet 2024	Nottingham	EM240724	3
100 Freestyle	1:10.37	1:09.20	396	09/06/24	NOVA Centurion June Sprint Meet 2024	Nottingham	EM240724	3
50 Breaststroke	42.75	42.00	317	09/06/24	NOVA Centurion June Sprint Meet 2024	Nottingham	EM240724	3
50 Backstroke	34.96	34.40	453	09/06/24	NOVA Centurion June Sprint Meet 2024	Nottingham	EM240724	3
100 Backstroke	1:16.67	1:15.60	418	07/05/23	West Midland Regional Summer Championships 2023	Coventry	WM230352	1
200 Backstroke	2:49.70	2:47.70	382	21/01/24	Staffordshire ASA County Championships 2024	Sandwell	WM240059	1
200 Individual Medley	2:51.79	2:49.50	395	09/06/24	NOVA Centurion June Sprint Meet 2024	Nottingham	EM240724	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.64	31.30	419	30/06/24	Chase Roebuck Meet 2024	Wolverhampton	WM240775	3
100 Freestyle	1:07.79	1:09.00	407	30/06/24	Chase Roebuck Meet 2024	Wolverhampton	WM240775	3
200 Freestyle	2:27.99	2:30.30	414	15/07/23	Wolverhampton SC Summer Sprints Meet 2023	Wolverhampton	WM231127	3
400 Freestyle	5:24.87	5:29.20	360	19/03/23	Wolverhampton SC Spring Open Meet 2023	Wolverhampton	WM230068	3
50 Breaststroke	40.37	41.10	347	29/06/24	Chase Roebuck Meet 2024	Wolverhampton	WM240775	3
100 Breaststroke	1:29.63	1:31.00	336	29/06/24	Chase Roebuck Meet 2024	Wolverhampton	WM240775	3
200 Breaststroke	3:24.57	3:27.10	284	11/06/23	Chase Summer Roebuck L3 Open Meet 2023	Wolverhampton	WM230722	3
50 Butterfly	32.75	33.30	412	29/06/24	Chase Roebuck Meet 2024	Wolverhampton	WM240775	3
50 Backstroke	33.77	34.40	418	30/06/24	Chase Roebuck Meet 2024	Wolverhampton	WM240775	3
100 Backstroke	1:13.42	1:14.50	417	11/06/23	Chase Summer Roebuck L3 Open Meet 2023	Wolverhampton	WM230722	3
200 Backstroke	2:40.23	2:42.30	409	10/06/23	Chase Summer Roebuck L3 Open Meet 2023	Wolverhampton	WM230722	3
200 Individual Medley	2:48.50	2:50.80	378	16/07/23	Wolverhampton SC Summer Sprints Meet 2023	Wolverhampton	WM231127	3
100 Individual Medley	1:15.00	1:15.00	427	29/06/24	Chase Roebuck Meet 2024	Wolverhampton	WM240775	3