

# Individual Best Times (All Time)

Abbie Hampshire - (394762) - Skipton Swimming Club

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.60	28.90	507	26/07/22	British Summer Championships	Sheffield	BSW022	1
100 Freestyle	1:06.56	1:05.30	468	17/02/22	BPSIM 2022	Aberdeen	SCO1851	1
200 Freestyle	2:45.69	2:43.60	315	01/07/12	City of Leeds A B Graded Meet	Leeds	NE2376	3
400 Freestyle	5:17.93	5:13.50	405	26/04/16	British Para-Swimming Championships	Glasgow	DIS109	1
50 Breaststroke	56.67	56.10	136	18/04/09	Central Lancs Champs	Manchester	NW9242	2
100 Breaststroke	1:42.09	1:40.80	247	12/12/15	National Para Swimming	Manchester	DIS108	1
50 Butterfly	49.24	48.90	122	18/04/09	Central Lancs Champs	Manchester	NW9242	2
50 Backstroke	50.65	50.30	149	18/04/09	Central Lancs Champs	Manchester	NW9242	2
100 Backstroke	1:15.57	1:14.50	436	24/07/22	British Summer Championships	Sheffield	BSW022	1
200 Backstroke	3:07.29	3:05.50	284	30/06/12	City of Leeds A B Graded Meet	Leeds	NE2376	3
200 Individual Medley	2:53.18	2:50.90	386	10/12/16	National Para Swimming Championships	Manchester	DIS113	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.87	31.50	409	20/11/21	Stockport Metro November SC Open Meet 2021	Stockport	NW211315	2
100 Freestyle	1:06.63	1:07.90	428	12/06/16	Harrogate Summer Meet	Harrogate	NE160246	3
200 Freestyle	2:26.79	2:29.10	424	22/06/14	Harrogate Summer A B Grade Meet	Harrogate	NE4183	3
400 Freestyle	5:05.54	5:10.10	433	23/05/14	Blackpool Rocks Level 3 Open Meet	Blackpool	NW4243	3
800 Freestyle	11:22.75	11:31.20	341	22/01/12	North Lancashire Age Group & Youth Champs	Blackpool	NW2020	3
50 Breaststroke	45.78	46.50	237	23/06/13	Preston Guild Summer Spectacular Meet	Darwen	NW3330	3
100 Breaststroke	1:39.72	1:41.00	244	06/11/11	North Lancashire Level 3 Open Meet	Blackpool	NW1530	3
200 Breaststroke	3:27.94	3:30.50	271	05/11/11	North Lancashire Level 3 Open Meet	Blackpool	NW1530	3
50 Butterfly	44.05	44.50	169	06/02/10	North Lancs Age Groups	Blackpool	NW0045	3
50 Backstroke	35.59	36.20	357	12/06/16	Harrogate Summer Meet	Harrogate	NE160246	3
100 Backstroke	1:16.07	1:17.10	375	20/11/21	Stockport Metro November SC Open Meet 2021	Stockport	NW211315	2
200 Backstroke	2:40.64	2:42.70	405	28/06/14	Skipton SC Club Gala 2014	Skipton	NE4687	4
200 Individual Medley	2:51.24	2:53.50	360	24/05/14	Blackpool Rocks Level 3 Open Meet	Blackpool	NW4243	3
100 Individual Medley	1:20.82	1:20.80	341	27/02/16	ASANWR Para-Swimming Development Meet	Salford	NW160737	3