

Individual Best Times (All Time)

Abigail Kirsop - (454891) - South Tyneside SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.69	30.00	455	23/03/19	City of Sunderland National Qualifier 2019	Sunderland	NE190554	1
100 Freestyle	1:05.34	1:04.00	495	24/03/19	City of Sunderland National Qualifier 2019	Sunderland	NE190554	1
200 Freestyle	2:24.52	2:22.10	476	21/05/16	ASANER Regional Championships 2016	Sheffield	NE160066	1
400 Freestyle	4:59.12	4:54.40	487	27/02/16	Northumberland & Durham County Champs	Sunderland	NE160072	1
800 Freestyle	10:22.36	10:13.00	472	18/03/16	City of Sunderland National Qualifier	Sunderland	NE160441	1
50 Breaststroke	48.51	47.90	217	01/02/14	NDSA Championships	Sunderland	CC4064	1
200 Breaststroke	3:46.43	3:44.10	224	09/03/14	Northumberland & Durham SA County Champs	Sunderland	CC4066	1
50 Backstroke	32.91	32.30	543	04/05/19	Swim England North East Region Championships (50)	Sheffield	NE190135	1
100 Backstroke	1:10.10	1:08.90	547	06/05/18	North East Region Championships	Sheffield	NE180150	1
200 Backstroke	2:35.86	2:33.70	493	26/01/19	Chester le Street ASC and Derwentside Burns Meet	Sheffield	NE190005	1
200 Individual Medley	2:46.85	2:44.50	431	29/05/16	ASANER Regional Championships 2016	Sheffield	NE160067	1
400 Individual Medley	5:53.41	5:48.40	425	20/03/16	City of Sunderland National Qualifier	Sunderland	NE160441	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.51	31.20	424	13/10/18	BOSSS Winter Swim Festival 2018	Billingham	NE181462	2
100 Freestyle	1:06.69	1:07.90	427	10/01/16	Newcastle Swim Team Last Chance County Qualifier	South Shields	NE160228	3
200 Freestyle	2:18.90	2:21.40	500	12/01/19	Peterlee ASC & Derwentside ASC New Year Meet	Stanley	NE190003	3
400 Freestyle	4:53.70	4:58.40	488	17/04/16	South Tyneside Spring Meet	South Shields	NE160685	3
800 Freestyle	10:38.72	10:47.70	417	23/10/15	Chester-Le-Street 40th Anniversary Junior Meet	Chester-Le-Street	NE151510	3
50 Breaststroke	43.19	43.90	283	16/04/16	South Tyneside Spring Meet	South Shields	NE160685	3
100 Breaststroke	1:44.33	1:45.50	213	07/06/14	Derwentside ASC 5th Annual Charity Swim Meet	Stanley	NE4108	3
200 Breaststroke	3:37.85	3:40.30	235	20/04/13	South Tyneside SC April Spring Meet	Hebburn	NE3335	3
50 Butterfly	34.61	35.20	349	29/09/18	South Tyneside Autumn Meet 2018	South Shields	NE182121	3
100 Butterfly	1:18.97	1:19.90	320	26/06/16	Newcastle Swim Team Summer Meet	Stanley	NE161169	3
200 Butterfly	3:41.17	3:42.60	158	20/10/13	Tynemouth ASC Autumn Gala	Tynemouth	NE3828	3
50 Backstroke	32.57	33.20	465	03/11/18	Swim England North East Region Championships (25)	Sheffield	NE182208	2
100 Backstroke	1:08.05	1:09.20	524	09/12/18	Scottish National Short Course Open Swimming	Edinburgh	SCO1566	2
200 Backstroke	2:31.27	2:33.50	486	03/11/18	Swim England North East Region Championships (25)	Sheffield	NE182208	2
200 Individual Medley	2:42.20	2:44.60	424	16/04/16	South Tyneside Spring Meet	South Shields	NE160685	3
400 Individual Medley	5:44.72	5:49.80	423	10/01/16	Newcastle Swim Team Last Chance County Qualifier	South Shields	NE160228	3
100 Individual Medley	1:16.96	1:17.00	395	02/10/16	South Tyneside Swim Team Autumn Meet	South Shields	NE162095	3