

# Individual Best Times (All Time)

Abigail Welch - (823151) - Blackpool Aquatics ASC

Long Course

| Stroke                | LC Time | Converted to SC | LC WA Pts | Date     | Meet                                              | Venue      | Licence  | Level |
|-----------------------|---------|-----------------|-----------|----------|---------------------------------------------------|------------|----------|-------|
| 50 Freestyle          | 30.97   | 30.30           | 443       | 26/11/16 | City of Sheffield Snow Frills Meet                | Sheffield  | NE160213 | 3     |
| 100 Freestyle         | 1:09.27 | 1:08.10         | 415       | 26/11/16 | City of Sheffield Snow Frills Meet                | Sheffield  | NE160213 | 3     |
| 50 Backstroke         | 39.27   | 38.80           | 319       | 09/07/16 | Summer Non National Qualifier LC Graded Meet 2016 | Manchester | NW160083 | 3     |
| 200 Backstroke        | 3:12.07 | 3:10.30         | 263       | 08/03/14 | Lancashire Age Groups & Championships             | Manchester | CC4086   | 1     |
| 200 Individual Medley | 3:02.66 | 3:00.50         | 329       | 09/07/16 | Summer Non National Qualifier LC Graded Meet 2016 | Manchester | NW160083 | 3     |

Short Course

| Stroke                | SC Time | Converted to LC | SC WA Pts | Date     | Meet                                        | Venue     | License  | Level |
|-----------------------|---------|-----------------|-----------|----------|---------------------------------------------|-----------|----------|-------|
| 50 Freestyle          | 30.40   | 31.10           | 429       | 18/12/16 | Blackpool Aquatics Club Championships       | Blackpool | NW162256 | 4     |
| 100 Freestyle         | 1:07.65 | 1:08.90         | 409       | 18/12/16 | Blackpool Aquatics Club Championships       | Blackpool | NW162256 | 4     |
| 200 Freestyle         | 2:35.35 | 2:37.60         | 358       | 05/09/17 | Blackpool No Frills Time Trials             | Blackpool | NW171723 | 4     |
| 50 Breaststroke       | 43.87   | 44.60           | 270       | 29/10/17 | Blackpool Lights 2017                       | Blackpool | NW170831 | 3     |
| 100 Breaststroke      | 1:40.52 | 1:41.80         | 238       | 31/10/15 | Blackpool 'Lights' Level 3 Development Meet | Blackpool | NW150536 | 3     |
| 200 Breaststroke      | 3:29.51 | 3:32.00         | 264       | 26/11/17 | Blackpool Aquatics Club Championships 2017  | Blackpool | NW172469 | 4     |
| 50 Butterfly          | 34.33   | 34.90           | 358       | 15/07/17 | North Lancs Level 3 Development Meet 2017   | Blackpool | NW171037 | 3     |
| 100 Butterfly         | 1:20.79 | 1:21.70         | 299       | 16/07/17 | North Lancs Level 3 Development Meet 2017   | Blackpool | NW171037 | 3     |
| 50 Backstroke         | 36.78   | 37.30           | 323       | 30/04/16 | Blackpool Rocks 2016                        | Blackpool | NW160510 | 3     |
| 100 Backstroke        | 1:19.58 | 1:20.60         | 328       | 02/10/16 | North Lancs L2 Age Groups & Champs          | Blackpool | NW161714 | 2     |
| 200 Backstroke        | 2:59.62 | 3:01.50         | 290       | 31/10/15 | Blackpool 'Lights' Level 3 Development Meet | Blackpool | NW150536 | 3     |
| 200 Individual Medley | 2:56.05 | 2:58.30         | 331       | 23/07/16 | North Lancashire Development Meet           | Blackpool | NW161319 | 3     |
| 100 Individual Medley | 1:19.17 | 1:19.20         | 363       | 05/11/16 | Garstang Medals Gala                        | Blackpool | NW161716 | 3     |