

# Individual Best Times (All Time)

Abigail Poulton - (845698) - Croydon Amphibians SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.62	26.90	624	14/12/17	Swim England Winter Championships 2017	Sheffield	ASA154	1
100 Freestyle	59.37	57.90	660	04/03/18	Edinburgh International Inc British Championships	Edinburgh	SCO1430	1
200 Freestyle	2:10.85	2:08.20	641	10/02/18	Surrey Age Group Championships 2018	Surrey	LR180303	1
400 Freestyle	4:36.41	4:31.30	617	10/03/18	WDSC Long Course Premier Open Meet	Wycombe	SE180159	1
800 Freestyle	9:29.13	9:18.90	618	18/02/18	Surrey Age Group Championships 2018	Surrey	LR180304	1
1500 Freestyle	18:20.66	18:01.80	584	24/03/18	Rushmoor Royals L1 Spring National Qualifier Open	Aldershot	SE180086	1
50 Breaststroke	38.00	37.20	451	28/02/16	Surrey County ASA Age Group Championships 2016	Crystal Palace	LR160384	1
100 Breaststroke	1:26.99	1:25.50	400	06/02/16	Surrey County ASA Age Group Championships 2016	Guildford	LR160382	1
200 Breaststroke	3:34.78	3:32.30	262	03/08/14	Swim Wales Summer Nationals 2014	Swansea	WAL585	1
50 Butterfly	29.58	28.90	563	17/02/18	Surrey Age Group Championships 2018	Surrey	LR180304	1
100 Butterfly	1:04.80	1:03.60	627	01/08/19	Swim England National Summer Meet	Sheffield	ENG014	1
200 Butterfly	2:26.82	2:24.70	571	26/05/18	London Swimming 2018 Long Course Summer Open	London	LR181069	1
50 Backstroke	34.53	33.90	470	27/02/16	Surrey County ASA Age Group Championships 2016	Crystal Palace	LR160384	1
100 Backstroke	1:15.61	1:14.50	435	06/02/16	Surrey County ASA Age Group Championships 2016	Guildford	LR160382	1
200 Backstroke	2:48.92	2:46.90	387	27/07/15	Swim Wales Summer Open Meet	Swansea	WL150507	1
200 Individual Medley	2:30.25	2:27.60	591	11/02/18	Surrey Age Group Championships 2018	Surrey	LR180303	1
400 Individual Medley	5:42.05	5:36.90	469	07/02/16	Surrey County ASA Age Group Championships 2016	Guildford	LR160382	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.10	27.90	605	16/12/17	Hillingdon Winter Short Course Open Meet 2017	Hillingdon	LR172525	3
100 Freestyle	58.12	59.50	646	19/11/17	Guildford City L2 Winter Meet	Guildford	SE171847	2
200 Freestyle	2:07.81	2:10.50	642	24/06/18	2nd Maurice and Daphne Short Course Memorial Meet	Hillingdon	LR181148	2
400 Freestyle	4:28.47	4:33.60	639	18/11/17	Guildford City L2 Winter Meet	Guildford	SE171847	2
800 Freestyle	9:17.12	9:27.40	629	15/10/17	Rushmoor Royals Autumn Open Meet 2017	Aldershot	SE171521	2
50 Breaststroke	36.43	37.30	472	19/11/16	Guildford L2 Winter Qualifier Champs	Guildford	SE161280	2
100 Breaststroke	1:18.34	1:19.90	504	23/06/19	Bromley SC Club Championships 2019	Beckenham	LR191438	4
200 Breaststroke	2:56.71	2:59.70	441	20/11/16	Guildford L2 Winter Qualifier Champs	Guildford	SE161280	2
50 Butterfly	29.33	30.00	574	16/12/17	Hillingdon Winter Short Course Open Meet 2017	Hillingdon	LR172525	3
100 Butterfly	1:05.18	1:06.30	570	17/12/17	Hillingdon Winter Short Course Open Meet 2017	Hillingdon	LR172525	3
200 Butterfly	2:23.09	2:25.30	584	23/06/18	2nd Maurice and Daphne Short Course Memorial Meet	Hillington	LR181860	2
50 Backstroke	34.99	35.60	375	22/11/15	Guildford City SC November L2 Open Meet	Surrey	SE151100	2
100 Backstroke	1:11.88	1:13.00	445	17/12/16	Hillingdon Winter Short Course Open Meet	Uxbridge	LR161927	3
200 Backstroke	2:32.16	2:34.30	477	13/02/16	Surrey County Age Group Championships 2016	Guildford	LR160383	2
200 Individual Medley	2:27.39	2:30.00	565	18/11/17	Guildford City L2 Winter Meet	Guildford	SE171847	2
400 Individual Medley	5:08.87	5:14.50	589	06/07/19	Bromley SC Club Championships 2019	Whitgift School	LR191439	4
100 Individual Medley	1:10.19	1:10.20	521	15/07/18	BLACK SWAN SUMMER OPEN MEET 2018	ELMBRIDGE	SE181533	3