

Individual Best Times (All Time)

Abigail Wallbank - (880350) - Caerphilly County Swim Squad

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	37.30	36.70	253	24/03/13	City of Cardiff SC Tiger Bay Open Meet	Cardiff	WAL481	3
100 Freestyle	1:19.95	1:18.90	270	23/03/13	City of Cardiff SC Tiger Bay Open Meet	Cardiff	WAL481	3
200 Freestyle	2:50.06	2:48.00	292	24/03/13	City of Cardiff SC Tiger Bay Open Meet	Cardiff	WAL481	3
400 Freestyle	5:54.76	5:50.80	292	26/10/13	3 Towers Open Meet	Millfield	SW3627	3
50 Breaststroke	48.99	48.30	210	26/10/13	3 Towers Open Meet	Millfield	SW3627	3
100 Breaststroke	1:45.72	1:44.50	223	26/10/13	3 Towers Open Meet	Millfield	SW3627	3
200 Breaststroke	3:48.01	3:45.70	219	24/03/13	City of Cardiff SC Tiger Bay Open Meet	Cardiff	WAL481	3
50 Backstroke	46.60	46.20	191	27/10/13	3 Towers Open Meet	Millfield	SW3627	3
100 Backstroke	1:38.46	1:37.60	197	24/02/13	City of Cardiff Closed Invitational Meet	Cardiff	WAL478	4
200 Backstroke	3:26.59	3:25.00	211	25/10/14	Frome Autumn Open Meet	Millfield	SW4288	3
200 Individual Medley	3:29.87	3:28.00	217	25/10/14	Frome Autumn Open Meet	Millfield	SW4288	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	37.76	38.30	223	18/10/15	Greater Gwent Fast Water Open Meet 2015	Newport	WL150611	2
100 Freestyle	1:18.17	1:19.20	265	02/05/15	City of Newport Spring Open Meet	Newport	WL150865	2
200 Freestyle	2:46.21	2:48.30	292	04/05/13	City of Newport Spring Open Meet	Newport	WAL491	2
400 Freestyle	5:45.08	5:49.10	301	05/05/13	City of Newport Spring Open Meet	Newport	WAL491	2
800 Freestyle	12:00.04	12:08.00	291	30/11/13	South East Wales Sub Regional Gala	Newport	WAL534	4
1500 Freestyle	23:14.66	23:29.40	276	13/09/13	Caerphilly Club Championships	Caerphilly	WAL513	4
50 Breaststroke	53.66	54.20	147	26/06/11	Torfaen Open Meet	Newport	WAL368	2
100 Breaststroke	1:41.12	1:42.40	234	30/11/13	South East Wales Sub Regional Gala	Newport	WAL534	4
200 Breaststroke	3:34.87	3:37.30	245	04/05/13	City of Newport Spring Open Meet	Newport	WAL491	2
100 Butterfly	1:44.37	1:45.10	138	13/09/15	Caerphilly County Squad Club Championships	Caerphilly	WL151589	3
200 Butterfly	3:50.98	3:52.30	138	11/09/15	Caerphilly County Squad Club Championships	Caerphilly	WL151589	3
50 Backstroke	55.80	56.20	92	25/06/11	Torfaen Open Meet	Newport	WAL368	2
100 Backstroke	1:31.68	1:32.60	214	30/11/14	South East Wales Sub Regional Competition	Newport	WAL612	2
200 Backstroke	3:13.87	3:15.60	230	29/11/14	South East Wales Sub Regional Competition	Newport	WAL612	2
200 Individual Medley	3:17.44	3:19.40	235	18/10/15	Greater Gwent Fast Water Open Meet 2015	Newport	WL150611	2