

# Individual Best Times (All Time)

Abigail Hewson - (961728) - Berkhamsted SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.25	29.60	475	28/05/17	ASA East Region Long Course Championships	Norwich	ER170220	1
50 Backstroke	33.67	33.10	507	28/05/18	East Swimming Long Course Championships 2018	Luton	ER180214	1
100 Backstroke	1:16.22	1:15.20	425	05/05/19	Swim England East Region Long Course Champs	Inspire Luton	ER190178	1
200 Backstroke	3:18.21	3:16.50	239	04/01/15	BWFSC Level 1 Long Course Meet	London	LR150167	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.11	29.80	488	09/02/20	Alan Doyle Memorial Meet	Hemel Hempstead	ER200468	3
100 Freestyle	1:06.17	1:07.40	437	09/12/17	NASL - London Rounds 2017 - Division 1 & 2	Hertfordshire	ER172132	3
200 Freestyle	3:25.31	3:27.00	155	16/11/13	Berkhamsted Club Championships	Aylesbury	ER31019	4
50 Breaststroke	44.56	45.30	258	17/10/15	Hemel Hempstead 102nd Birthday Open	Hemel Hempstead	ER151728	2
100 Breaststroke	1:51.87	1:53.00	173	28/09/14	Berkhamsted Club Championships	Aylesbury	ER14142	4
50 Butterfly	32.82	33.40	409	05/10/19	Harpenden Legacy Meet	Westminster	ER191861	3
50 Backstroke	32.28	32.90	478	18/11/18	Watford November 2018 County Qualifier	Garston	ER181665	3
100 Backstroke	1:10.36	1:11.50	474	13/10/18	The NASL - London - Rounds 2018 - Div 1 & 2	Enfield	ER182073	3
200 Backstroke	2:55.13	2:57.00	313	26/09/15	Berkhamsted Club Championships Session 2	Berkhamsted	ER151872	4
100 Individual Medley	1:21.39	1:21.40	334	18/10/15	Hemel Hempstead 102nd Birthday Open	Hemel Hempstead	ER151728	2