

Individual Best Times (All Time)

Abbie Winstanley - (906764) - City of Manchester Aquatics - 50 Freestyle - Long Course

Performance Graph

Drag to Zoom, right click to reset.

Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
27.63	623	H	10/03/23	Edinburgh International 2023	Edinburgh		1
27.83	610	F	04/11/17	Swim England Noth West Region Winter Champs	Manchester	Workington	1
27.83	610	H	24/05/19	Glasgow International Swim Meet	Tollcross		1
27.90	606	H	04/11/17	Swim England Noth West Region Winter Champs	Manchester	Workington	1
27.90	606	H	21/08/21	Manchester Summer Open 2021	Manchester	Co Manch Aq	3
27.92	604	H	11/03/22	Edinburgh International 2022	Edinburgh		1
27.97	601	H	15/03/19	Edinburgh International	Edinburgh	Cockermouth	1
27.97	601	H	25/02/23	BUCS Long Course Swimming Championships 2023	Sheffield	Co Manch Aq	1
27.99	600	H	19/02/22	Speedo & BUCS Long Course Swimming Championships	Sheffield		1
28.00	599	F	28/04/19	2019 SENW Summer Championships	Manchester	Cockermouth	1
28.02	598	H	26/03/23	SE North West Regional Summer Championships 2023	Liverpool	Co Manch Aq	1
28.04	596	H	10/06/23	Arena Manchester Summer Open 2023	Manchester	Co Manch Aq	3
28.05	596	H	20/05/23	Cardiff International Open Meet 2023	Cardiff		1
28.07	595	H	31/07/21	North West Summer Festival of Swimming	Manchester	Co Manch Aq	1
28.10	593	H	19/03/22	Derventio eXcel March Open Meet	Sheffield	Co Manch Aq	1
28.11	592	H	15/01/23	City of Derby SC 19th LC Open Meet 2023	Sheffield	Co Manch Aq	1
28.12	591	H	27/05/18	DX 2nd Long Course Open Meet	Sheffield	Cockermouth	1
28.13	591	H	16/01/22	City of Derby 18th Level1 Long Course	Ponds Forge	Co Manch Aq	1
28.14	590	F	26/03/23	SE North West Regional Summer Championships 2023	Liverpool	Co Manch Aq	1
28.21	586	H	28/04/19	2019 SENW Summer Championships	Manchester	Cockermouth	1
28.27	582	F	29/04/18	2018 SENW Summer Championships	Manchester	Cockermouth	1
28.28	581	H	23/07/22	East Midlands Summer Festival	Derby	Co Manch Aq	3
28.29	581		12/02/23	Arena Lisbon International Meeting 2023	Jamor		1
28.30	580	H	02/04/23	Derventio eXcel Spring Qualifier Meet 2023	Sheffield	Co Manch Aq	1
28.35	577	H	30/03/19	Stockport Metro Qualifying Open Meet	Stockport	Cockermouth	1
28.35	577	H	26/06/22	City of Sheffield Swim Squad Team Steel Meet 2022	Sheffield	Co Manch Aq	1
28.38	575	H	07/05/20	Swiss Aquatics Long Course Open Meet 2020	Swiss		1

28.38	575	H	07/05/22	Swansea Aquatics Long Course Open Meet 2022	Swansea		
28.40	574	H	24/03/18	Stockport Metro National Qualification Meet 2018	Stockport	Cockermouth	1
28.56	564	H	29/04/18	2018 SENW Summer Championships	Manchester	Cockermouth	1
28.79	551	H	25/02/24	BUCS Long Course Swimming Championships 2023-24	Sheffield		1
28.83	549	H	17/03/24	City of Manchester International Swim Meet 2024	Manchester	Workington	1
28.83	549	F	17/03/24	City of Manchester International Swim Meet 2024	Manchester	Workington	1
28.97	541	H	27/05/22	Glasgow International Swim Meet	Glasgow		1
29.00	539	H	14/03/20	Stockport Metro Qualifying Open Meet	Grand Central Pools	Cockermouth	1
29.02	538	H	09/07/17	City of Sunderland Summer Splash 2017	Sunderland	Workington	3
29.31	522	H	21/04/24	SENW Regional Summer Championships 2024	Manchester	Workington	1
29.44	515	H	11/05/24	ARENA Manchester Open Meet 2024	Manchester	Workington	1
29.50	512	H	29/04/17	ASA North West Region Summer Championships	Manchester	Workington	1
30.19	478	H	10/07/16	City of Sunderland Summer Splash 2016	Sunderland	Workington	3
30.84	448	H	16/01/16	City of Sunderland New Year Meet	Sunderland	Workington	1
31.60	417	H	28/05/16	ASA North West Region Summer Championships	Manchester	Workington	1
32.20	394	H	17/01/15	City of Sunderland New Year Meet	Sunderland		1
32.70	376	H	11/04/15	Stockport Metro April LC Open Meet	Stockport	Cockermouth	1
34.17	329	H	05/04/14	Stockport April Meet 2014	Stockport	Workington	1
34.18	329	H	05/07/15	City of Sunderland Summer Splash 2015	Sunderland		3
42.69	169	H	20/01/13	City of Leeds New Year Meet	Leeds	Workington	3

Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
29.44	515	H	11/05/24	ARENA Manchester Open Meet 2024	Manchester	Workington	1
29.31	522	H	21/04/24	SENW Regional Summer Championships 2024	Manchester	Workington	1
28.83	549	F	17/03/24	City of Manchester International Swim Meet 2024	Manchester	Workington	1
28.83	549	H	17/03/24	City of Manchester International Swim Meet 2024	Manchester	Workington	1
28.79	551	H	25/02/24	BUCS Long Course Swimming Championships 2023-24	Sheffield		1
28.04	596	H	10/06/23	Arena Manchester Summer Open 2023	Manchester	Co Manch Aq	3
28.05	596	H	20/05/23	Cardiff International Open Meet 2023	Cardiff		1
28.30	580	H	02/04/23	Derventio eXcel Spring Qualifier Meet 2023	Sheffield	Co Manch Aq	1
28.14	590	F	26/03/23	SE North West Regional Summer Championships 2023	Liverpool	Co Manch Aq	1
28.02	598	H	26/03/23	SE North West Regional Summer Championships 2023	Liverpool	Co Manch Aq	1
27.63	623	H	10/03/23	Edinburgh International 2023	Edinburgh		1
27.97	601	H	25/02/23	BUCS Long Course Swimming Championships 2023	Sheffield	Co Manch Aq	1
28.29	581		12/02/23	Arena Lisbon International Meeting 2023	Jamor		1
28.11	592	H	15/01/23	City of Derby SC 19th LC Open Meet 2023	Sheffield	Co Manch Aq	1
28.28	581	H	23/07/22	East Midlands Summer Festival	Derby	Co Manch Aq	3
28.35	577	H	26/06/22	City of Sheffield Swim Squad Team Steel Meet 2022	Sheffield	Co Manch Aq	1
28.97	541	H	27/05/22	Glasgow International Swim Meet	Glasgow		1
28.38	575	H	07/05/22	Swansea Aquatics Long Course Open Meet 2022	Swansea		1
28.10	593	H	19/03/22	Derventio eXcel March Open Meet	Sheffield	Co Manch Aq	1
27.92	604	H	11/03/22	Edinburgh International 2022	Edinburgh		1
27.99	600	H	19/02/22	Speedo & BUCS Long Course Swimming Championships	Sheffield		1
28.13	591	H	16/01/22	City of Derby 18th Level1 Long Course	Ponds Forge	Co Manch Aq	1
27.90	606	H	21/08/21	Manchester Summer Open 2021	Manchester	Co Manch Aq	3
28.07	595	H	31/07/21	North West Summer Festival of Swimming	Manchester	Co Manch Aq	1
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28.21	586	H	28/04/19	2019 SENW Summer Championships	Manchester	Cockermouth	1
28.35	577	H	30/03/19	Stockport Metro Qualifying Open Meet	Stockport	Cockermouth	1
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28.12	591	H	27/05/18	DX 2nd Long Course Open Meet	Sheffield	Cockermouth	1
28.27	582	F	29/04/18	2018 SENW Summer Championships	Manchester	Cockermouth	1
28.56	564	H	29/04/18	2018 SENW Summer Championships	Manchester	Cockermouth	1
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29.50	512	H	29/04/17	ASA North West Region Summer Championships	Manchester	Workington	1
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34.18	329	H	05/07/15	City of Sunderland Summer Splash 2015	Sunderland		3
32.70	376	H	11/04/15	Stockport Metro April LC Open Meet	Stockport	Cockermouth	1
32.20	394	H	17/01/15	City of Sunderland New Year Meet	Sunderland		1
34.17	329	H	05/04/14	Stockport April Meet 2014	Stockport	Workington	1
42.69	169	H	20/01/13	City of Leeds New Year Meet	Leeds	Workington	3