

Individual Best Times (All Time)

Abbie Winstanley - (906764) - City of Manchester Aquatics - 50 Butterfly - 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 |
|-------|--------|-------|----------|--|---------------------|-----------------|-------|
| 29.17 | 587 | H | 12/03/23 | Edinburgh International 2023 | Edinburgh | | 1 |
| 29.25 | 582 | H | 26/02/23 | BUCS Long Course Swimming Championships 2023 | Sheffield | Co Manch Aq | 1 |
| 29.28 | 580 | | 12/02/23 | Arena Lisbon International Meeting 2023 | Jamor | | 1 |
| 29.52 | 566 | H | 26/03/23 | SE North West Regional Summer Championships 2023 | Liverpool | Co Manch Aq | 1 |
| 29.52 | 566 | F | 26/03/23 | SE North West Regional Summer Championships 2023 | Liverpool | Co Manch Aq | 1 |
| 29.83 | 549 | H | 22/08/21 | Manchester Summer Open 2021 | Manchester | Co Manch Aq | 3 |
| 29.92 | 544 | H | 24/07/21 | North West Summer Festival of Swimming | Manchester | Co Manch Aq | 1 |
| 29.94 | 543 | H | 10/06/23 | Arena Manchester Summer Open 2023 | Manchester | Co Manch Aq | 3 |
| 30.06 | 536 | H | 20/05/23 | Cardiff International Open Meet 2023 | Cardiff | | 1 |
| 30.07 | 536 | H | 19/03/22 | Derventio eXcel March Open Meet | Sheffield | Co Manch Aq | 1 |
| 30.12 | 533 | H | 20/02/22 | Speedo & BUCS Long Course Swimming Championships | Sheffield | | 1 |
| 30.12 | 533 | H | 14/01/23 | City of Derby SC 19th LC Open Meet 2023 | Sheffield | Co Manch Aq | 1 |
| 30.20 | 529 | H | 13/03/22 | Edinburgh International 2022 | Edinburgh | | 1 |
| 30.20 | 529 | H | 07/05/22 | Swansea Aquatics Long Course Open Meet 2022 | Swansea | | 1 |
| 30.59 | 509 | H | 29/05/22 | Glasgow International Swim Meet | Glasgow | | 1 |
| 30.71 | 503 | F | 29/04/18 | 2018 SENW Summer Championships | Manchester | Cockermouth | 1 |
| 30.76 | 500 | H | 29/04/18 | 2018 SENW Summer Championships | Manchester | Cockermouth | 1 |
| 30.77 | 500 | H | 24/02/24 | BUCS Long Course Swimming Championships 2023-24 | Sheffield | | 1 |
| 30.80 | 499 | H | 15/01/22 | City of Derby 18th Level1 Long Course | Ponds Forge | Co Manch Aq | 1 |
| 30.87 | 495 | H | 30/03/19 | Stockport Metro Qualifying Open Meet | Stockport | Cockermouth | 1 |
| 30.91 | 493 | H | 14/03/20 | Stockport Metro Qualifying Open Meet | Grand Central Pools | Cockermouth | 1 |
| 30.93 | 492 | H | 23/07/22 | East Midlands Summer Festival | Derby | Co Manch Aq | 3 |
| 31.02 | 488 | H | 24/03/18 | Stockport Metro National Qualification Meet 2018 | Stockport | Cockermouth | 1 |
| 31.22 | 479 | H | 21/04/24 | SENW Regional Summer Championships 2024 | Manchester | Workington | 1 |
| 31.90 | 449 | H | 28/04/19 | 2019 SENW Summer Championships | Manchester | Cockermouth | 1 |
| 32.38 | 429 | H | 08/07/17 | City of Sunderland Summer Splash 2017 | Sunderland | Workington | 3 |
| 32.48 | 425 | H | 20/04/17 | ASA North West Region Summer Championships | Manchester | Workington | 1 |

| | | | | | | | |
|-------|-----|---|----------|--|------------|-------------|---|
| 32.46 | 423 | H | 29/04/17 | ASA North West Region Summer Championships | Manchester | Workington | 1 |
| 32.49 | 425 | H | 01/04/17 | Stockport Metro Qualifying Window Meet | Stockport | Cockermouth | 1 |
| 33.11 | 401 | H | 09/07/16 | City of Sunderland Summer Splash 2016 | Sunderland | Workington | 3 |
| 33.21 | 398 | H | 29/05/16 | ASA North West Region Summer Championships | Manchester | Workington | 1 |
| 33.54 | 386 | H | 17/01/16 | City of Sunderland New Year Meet | Sunderland | Workington | 1 |
| 33.98 | 371 | H | 12/03/16 | Edinburgh International Meet | Edinburgh | Cockermouth | 1 |
| 36.01 | 312 | H | 18/01/15 | City of Sunderland New Year Meet | Sunderland | | 1 |
| 37.12 | 285 | H | 04/07/15 | City of Sunderland Summer Splash 2015 | Sunderland | | 3 |
| 41.18 | 208 | H | 13/07/14 | City of Sunderland ASC Summer Splash 2014 | Sunderland | Workington | 3 |

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| 31.22 | 479 | H | 21/04/24 | SENW Regional Summer Championships 2024 | Manchester | Workington | 1 |
| 30.77 | 500 | H | 24/02/24 | BUCS Long Course Swimming Championships 2023-24 | Sheffield | | 1 |
| 29.94 | 543 | H | 10/06/23 | Arena Manchester Summer Open 2023 | Manchester | Co Manch Aq | 3 |
| 30.06 | 536 | H | 20/05/23 | Cardiff International Open Meet 2023 | Cardiff | | 1 |
| 29.52 | 566 | F | 26/03/23 | SE North West Regional Summer Championships 2023 | Liverpool | Co Manch Aq | 1 |
| 29.52 | 566 | H | 26/03/23 | SE North West Regional Summer Championships 2023 | Liverpool | Co Manch Aq | 1 |
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| 30.80 | 499 | H | 15/01/22 | City of Derby 18th Level1 Long Course | Ponds Forge | Co Manch Aq | 1 |
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| 30.87 | 495 | H | 30/03/19 | Stockport Metro Qualifying Open Meet | Stockport | Cockermouth | 1 |
| 30.71 | 503 | F | 29/04/18 | 2018 SENW Summer Championships | Manchester | Cockermouth | 1 |
| 30.76 | 500 | H | 29/04/18 | 2018 SENW Summer Championships | Manchester | Cockermouth | 1 |
| 31.02 | 488 | H | 24/03/18 | Stockport Metro National Qualification Meet 2018 | Stockport | Cockermouth | 1 |
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| 33.11 | 401 | H | 09/07/16 | City of Sunderland Summer Splash 2016 | Sunderland | Workington | 3 |
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