

# Individual Best Times (All Time)

Abbie Winstanley - (906764) - City of Manchester Aquatics - 50 Backstroke - Short 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
31.27	526	H	02/11/19	Swim England North West Winter Championships 2019	Manchester	Cockermouth	2
31.37	521	F	13/01/19	2019 Cumbria County Championships and Age Groups	Workington	Cockermouth	2
31.57	511	H	19/11/17	Stockport Metro November Meet 2017	Stockport	Cockermouth	2
31.71	504	H	03/11/18	Swim England NWR Winter Championships	Manchester	Cockermouth	2
31.83	499	R	06/10/19	Swim England National County Team Champs 2019 D2	Sheffield	Cumbria	2
31.86	497	H	16/11/19	Stockport Metro November SC Open Meet	Grand Central Pools	Cockermouth	2
32.03	489	F	02/11/19	Swim England North West Winter Championships 2019	Manchester	Cockermouth	2
32.06	488	H	15/12/18	Workington & Cockermouth Allerdale Club Champs	Workington	Cockermouth	3
32.10	486	H	13/01/19	2019 Cumbria County Championships and Age Groups	Workington	Cockermouth	2
32.17	483	H	26/01/20	2020 Cumbria County Championships and Age Groups	Workington	Cockermouth	2
32.38	474	H	23/11/19	Allerdale Club Championships 2019	Workington	Cockermouth	3
32.42	472	H	25/11/17	Allerdale Gala 2017	Workington	Workington	3
32.92	451	F	26/01/20	2020 Cumbria County Championships and Age Groups	Workington	Cockermouth	2
33.24	438	H	23/09/17	8th Presidents Open Meet	Workington	Workington	3
34.17	403	H	02/07/23	Bolton Metro SS Summer Sprint Meet 2023	Bolton	Co Manch Aq	3
35.27	366	H	06/02/16	2016 Cumbria Age Groups & County Championships	Whitehaven	Workington	2
36.38	334	H	16/10/16	The Allerdale Gala 2016	Workington	Workington	3
36.45	332	F	29/09/15	Cockermouth SC Club Championships	Cockermouth	Cockermouth	4
38.98	271	H	24/01/15	2015 Cumbria Winter Meet	Workington		3
42.87	204	H	09/02/14	Middlesbrough ASC AA Grade 2014	Middlesbrough	Workington	3
43.75	192	H	20/04/13	Copeland 19th Bill & Monica Griffin	Whitehaven	Workington	3

## Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
34.17	403	H	02/07/23	Bolton Metro SS Summer Sprint Meet 2023	Bolton	Co Manch Aq	3
32.92	451	F	26/01/20	2020 Cumbria County Championships and Age Groups	Workington	Cockermouth	2

32.17	483	H	26/01/20	2020 Cumbria County Championships and Age Groups	Workington	Cockermouth	2
32.38	474	H	23/11/19	Allerdale Club Championships 2019	Workington	Cockermouth	3
31.86	497	H	16/11/19	Stockport Metro November SC Open Meet	Grand Central Pools	Cockermouth	2
32.03	489	F	02/11/19	Swim England North West Winter Championships 2019	Manchester	Cockermouth	2
31.27	526	H	02/11/19	Swim England North West Winter Championships 2019	Manchester	Cockermouth	2
31.83	499	R	06/10/19	Swim England National County Team Champs 2019 D2	Sheffield	Cumbria	2
31.37	521	F	13/01/19	2019 Cumbria County Championships and Age Groups	Workington	Cockermouth	2
32.10	486	H	13/01/19	2019 Cumbria County Championships and Age Groups	Workington	Cockermouth	2
32.06	488	H	15/12/18	Workington & Cockermouth Allerdale Club Champs	Workington	Cockermouth	3
31.71	504	H	03/11/18	Swim England NWR Winter Championships	Manchester	Cockermouth	2
32.42	472	H	25/11/17	Allerdale Gala 2017	Workington	Workington	3
31.57	511	H	19/11/17	Stockport Metro November Meet 2017	Stockport	Cockermouth	2
33.24	438	H	23/09/17	8th Presidents Open Meet	Workington	Workington	3
36.38	334	H	16/10/16	The Allerdale Gala 2016	Workington	Workington	3
35.27	366	H	06/02/16	2016 Cumbria Age Groups & County Championships	Whitehaven	Workington	2
36.45	332	F	29/09/15	Cockermouth SC Club Championships	Cockermouth	Cockermouth	4
38.98	271	H	24/01/15	2015 Cumbria Winter Meet	Workington		3
42.87	204	H	09/02/14	Middlesbrough ASC AA Grade 2014	Middlesbrough	Workington	3
43.75	192	H	20/04/13	Copeland 19th Bill & Monica Griffin	Whitehaven	Workington	3