Individual Best Times (All Time)

Abbie Winstanley - (906764) - City of Manchester Aquatics - 200 Individual Medley - Short Course

Performance Graph

Drag to Zoom, right click to reset.

Swims in Time Order

2:28.55 552 H 16/11/19 Stockport Metro 2:28.58 551 H 08/02/20 2020 Cumbria G 2:28.75 549 H 18/11/18 Stockport Metro 2:29.51 541 H 19/11/17 Stockport Metro 2:30.29 533 H 23/09/18 Workington AS 2:30.53 530 H 13/05/21 City of Manches 2:30.59 529 H 15/12/18 Workington & O 2:30.65 529 H 21/09/19 Workington & O 2:31.34 522 H 03/11/18 Swim England H 2:32.73 507 H 25/11/17 Allerdale Gala A 2:32.83 506 F 19/01/19 2019 Cumbria G 2:33.03 504 H 02/11/19 Swim England H 2:33.70 498 F 02/11/19 Swim England H 2:34.17 493 H 19/01/19 2019 Cumbria G 2:35.84 478 H 23/09/17 8th Presidents H 2:36.64 470 </th <th>Meet</th> <th>Venue</th> <th>Club Swam Under</th> <th>Level</th>	Meet	Venue	Club Swam Under	Level
2:28.58 551 H 08/02/20 2020 Cumbria (2:28.75 549 H 18/11/18 Stockport Metro 2:29.51 541 H 19/11/17 Stockport Metro 2:30.29 533 H 23/09/18 Workington ASi 2:30.53 530 H 13/05/21 City of Manches 2:30.55 529 H 21/09/19 Workington ASi 2:30.65 529 H 21/09/19 Workington ASi 2:31.34 522 H 03/11/18 Swim England H 2:31.42 521 H 17/06/21 City of Manches 2:32.73 507 H 25/11/17 Allerdale Gala 2 2:32.83 506 F 19/01/19 2019 Cumbria 0 2:33.03 504 H 02/11/19 Swim England H 2:33.70 498 F 02/11/19 Swim England H 2:33.84 478 H 23/09/17 8th Presidents 0 2:35.84 478 H 23/09/17 8th Presidents 0 2:37.45 46	County Championships and Age Groups	Workington	Cockermouth	2
2:28.75 549 H 18/11/18 Stockport Metro 2:29.51 541 H 19/11/17 Stockport Metro 2:30.29 533 H 23/09/18 Workington ASI 2:30.53 530 H 13/05/21 City of Manches 2:30.59 529 H 15/12/18 Workington ASI 2:30.65 529 H 21/09/19 Workington ASI 2:31.34 522 H 03/11/18 Swim England I 2:32.73 507 H 25/11/17 Allerdale Gala 2 2:32.83 506 F 19/01/19 2019 Cumbria 0 2:33.03 504 H 02/11/19 Swim England I 2:33.70 498 F 02/11/19 Swim England I 2:33.71 493 H 19/01/19 2019 Cumbria 0 2:33.74 478 H 23/09/17 8th Presidents 0 2:36.64 470 F 14/01/17 Cumbria Age G 2:37.45 463 H 16/10/16 The Allerdale G 2:37.45 463 </td <td>November SC Open Meet</td> <td>Grand Central Pools</td> <td>Cockermouth</td> <td>2</td>	November SC Open Meet	Grand Central Pools	Cockermouth	2
2:29.51 541 H 19/11/17 Stockport Metro 2:30.29 533 H 23/09/18 Workington ASI 2:30.53 530 H 13/05/21 City of Manches 2:30.59 529 H 15/12/18 Workington ASI 2:30.65 529 H 21/09/19 Workington ASI 2:31.34 522 H 03/11/18 Swim England H 2:31.42 521 H 17/06/21 City of Manches 2:32.73 507 H 25/11/17 Allerdale Gala 2:32.83 506 F 19/01/19 2019 Cumbria 2:33.03 504 H 02/11/19 Swim England H 2:33.70 498 F 02/11/19 Swim England H 2:33.71 498 F 02/11/19 Swim England H 2:36.64 470 F 14/01/17 Cumbria Age G 2:37.45 463 H 16/10/16 The Allerdale G 2:37.45 463 H 14/01/17 Cumbria Age G 2:38.04 458	County Championships and Age Groups	Workington	Cockermouth	2
2:30.29 533 H 23/09/18 Workington ASI 2:30.53 530 H 13/05/21 City of Manches 2:30.59 529 H 15/12/18 Workington ASI 2:30.65 529 H 21/09/19 Workington ASI 2:31.34 522 H 03/11/18 Swim England I 2:31.42 521 H 17/06/21 City of Manches 2:32.73 507 H 25/11/17 Allerdale Gala 2 2:32.83 506 F 19/01/19 2019 Cumbria 0 2:33.03 504 H 02/11/19 Swim England 1 2:33.70 498 F 02/11/19 Swim England 1 2:33.70 498 F 02/11/19 Swim England 1 2:33.71 493 H 19/01/19 2019 Cumbria 0 2:33.74 493 H 02/11/19 Swim England 1 2:36.64 470 F 14/01/17 Cumbria Age G 2:37.45 463 H 16/10/16 The Allerdale G 2:37.45 463	November Short Course Open Meet	Stockport	Cockermouth	2
2:30.53 530 H 13/05/21 City of Manches 2:30.59 529 H 15/12/18 Workington AS 2:30.65 529 H 21/09/19 Workington AS 2:31.34 522 H 03/11/18 Swim England H 2:31.42 521 H 17/06/21 City of Manches 2:32.73 507 H 25/11/17 Allerdale Gala 2:32.83 506 H 23/11/19 Allerdale Club G 2:32.83 506 F 19/01/19 2019 Cumbria G 2:33.03 504 H 02/11/19 Swim England H 2:33.70 498 F 02/11/19 Swim England H 2:34.17 493 H 19/01/19 2019 Cumbria G 2:35.84 478 H 23/09/17 8th Presidents H 2:36.64 470 F 14/01/17 Cumbria Age G 2:37.45 463 H 16/10/16 The Allerdale G 2:38.04 458 H 24/09/16 Workington 7th 2:41.83 426	November Meet 2017	Stockport	Cockermouth	2
2:30.59 529 H 15/12/18 Workington & C 2:30.65 529 H 21/09/19 Workington AS 2:31.34 522 H 03/11/18 Swim England 2:31.42 521 H 17/06/21 City of Manches 2:32.73 507 H 25/11/17 Allerdale Gala 2:32.83 506 F 19/01/19 2019 Cumbria 2:32.88 506 F 19/01/19 2019 Cumbria 2:33.03 504 H 02/11/19 Swim England D 2:33.70 498 F 02/11/19 Swim England D 2:33.70 498 F 02/11/19 Swim England D 2:33.71 493 H 19/01/19 2019 Cumbria D 2:35.84 478 H 23/09/17 8th Presidents D 2:37.41 463 H 16/10/16 The Allerdale G D 2:37.45 463 H 14/01/17 Cumbria Age G D D D D D	C 9th Presidents Open Meet	Workington	Cockermouth	3
2:30.65 529 H 21/09/19 Workington AS 2:31.34 522 H 03/11/18 Swim England H 2:31.42 521 H 17/06/21 City of Manches 2:32.73 507 H 25/11/17 Allerdale Gala 2 2:32.83 506 F 19/01/19 2019 Cumbria 6 2:33.03 504 H 02/11/19 Swim England H 2:33.70 498 F 02/11/19 Swim England H 2:34.17 493 H 19/01/19 2019 Cumbria 6 2:35.84 478 H 23/09/17 8th Presidents 6 2:36.64 470 F 14/01/17 Cumbria Age G 2:37.45 463 H 16/10/16 The Allerdale G 2:38.04 458 H 24/09/16 Workington 7th 2:41.83 426 H 07/02/16 2016 Cumbria 7	ter	MAC	Co Manch Aq	0
2:31.34 522 H 03/11/18 Swim England H 2:31.42 521 H 17/06/21 City of Manches 2:32.73 507 H 25/11/17 Allerdale Gala 2 2:32.83 506 H 23/11/19 Allerdale Club 6 2:32.88 506 F 19/01/19 2019 Cumbria 6 2:33.03 504 H 02/11/19 Swim England H 2:33.70 498 F 02/11/19 Swim England H 2:33.70 498 F 02/11/19 Swim England H 2:33.71 498 F 02/11/19 Swim England H 2:34.17 493 H 19/01/19 2019 Cumbria 6 2:35.84 478 H 23/09/17 8th Presidents H 2:36.64 470 F 14/01/17 Cumbria Age G 2:37.45 463 H 16/10/16 The Allerdale G 2:38.04 458 H 24/09/16 Workington 7th 2:41.83 426 H 07/02/16 2016 Cumbria 7	ockermouth Allerdale Club Champs	Workington	Cockermouth	3
2:31.42 521 H 17/06/21 City of Manches 2:32.73 507 H 25/11/17 Allerdale Gala 2 2:32.83 506 H 23/11/19 Allerdale Club 0 2:32.83 506 F 19/01/19 2019 Cumbria 0 2:33.03 504 H 02/11/19 Swim England 1 2:33.70 498 F 02/11/19 Swim England 1 2:34.17 493 H 19/01/19 2019 Cumbria 0 2:35.84 478 H 23/09/17 8th Presidents 0 2:36.64 470 F 14/01/17 Cumbria Age G 2:37.41 463 H 16/10/16 The Allerdale G 2:37.45 463 H 14/01/17 Cumbria Age G 2:38.04 458 H 24/09/16 Workington 7th 2:41.83 426 H 07/02/16 2016 Cumbria 7	C 10th Presidents Open Meet	Cumbria	Cockermouth	3
2:32.73 507 H 25/11/17 Allerdale Gala 2 2:32.83 506 H 23/11/19 Allerdale Club 0 2:32.88 506 F 19/01/19 2019 Cumbria 0 2:33.03 504 H 02/11/19 Swim England 1 2:33.70 498 F 02/11/19 Swim England 1 2:34.17 493 H 19/01/19 2019 Cumbria 0 2:35.84 478 H 23/09/17 8th Presidents 0 2:36.64 470 F 14/01/17 Cumbria Age G 2:37.41 463 H 16/10/16 The Allerdale G 2:37.45 463 H 24/09/16 Workington 7th 2:38.04 458 H 24/09/16 Workington 7th 2:41.83 426 H 07/02/16 2016 Cumbria 4	WR Winter Championships	Manchester	Cockermouth	2
2:32.83 506 H 23/11/19 Allerdale Club (2:32.88 506 F 19/01/19 2019 Cumbria (2:33.03 504 H 02/11/19 Swim England (2:33.70 498 F 02/11/19 Swim England (2:34.17 493 H 19/01/19 2019 Cumbria (2:35.84 478 H 23/09/17 8th Presidents (2:36.64 470 F 14/01/17 Cumbria Age G 2:37.41 463 H 16/10/16 The Allerdale G 2:37.45 463 H 14/01/17 Cumbria Age G 2:38.04 458 H 24/09/16 Workington 7th 2:41.83 426 H 07/02/16 2016 Cumbria /	ter	Manchester	Co Manch Aq	0
2:32.88 506 F 19/01/19 2019 Cumbria (2:33.03 504 H 02/11/19 Swim England I 2:33.70 498 F 02/11/19 Swim England I 2:34.17 493 H 19/01/19 2019 Cumbria I 2:35.84 478 H 23/09/17 8th Presidents I 2:36.64 470 F 14/01/17 Cumbria Age G 2:37.41 463 H 16/10/16 The Allerdale G 2:37.45 463 H 14/01/17 Cumbria Age G 2:38.04 458 H 24/09/16 Workington 7th 2:41.83 426 H 07/02/16 2016 Cumbria /	017	Workington	Workington	3
2:33.03 504 H 02/11/19 Swim England 2:33.70 498 F 02/11/19 Swim England 2:33.70 498 F 02/11/19 Swim England 2:34.17 493 H 19/01/19 2019 Cumbria 2:35.84 478 H 23/09/17 8th Presidents 2:36.64 470 F 14/01/17 Cumbria Age G 2:37.41 463 H 16/10/16 The Allerdale G 2:37.45 463 H 14/01/17 Cumbria Age G 2:38.04 458 H 24/09/16 Workington 7th 2:41.83 426 H 07/02/16 2016 Cumbria	Championships 2019	Workington	Cockermouth	3
2:33.70 498 F 02/11/19 Swim England 2:34.17 493 H 19/01/19 2019 Cumbria (2:35.84 478 H 23/09/17 8th Presidents (2:36.64 470 F 14/01/17 Cumbria Age G 2:37.41 463 H 16/10/16 The Allerdale G 2:37.45 463 H 14/01/17 Cumbria Age G 2:38.04 458 H 24/09/16 Workington 7th 2:41.83 426 H 07/02/16 2016 Cumbria /	County Championships and Age Groups	Kendal	Cockermouth	2
2:34.17 493 H 19/01/19 2019 Cumbria (2:35.84 478 H 23/09/17 8th Presidents (2:36.64 470 F 14/01/17 Cumbria Age G 2:37.41 463 H 16/10/16 The Allerdale G 2:37.45 463 H 14/01/17 Cumbria Age G 2:38.04 458 H 24/09/16 Workington 7th 2:41.83 426 H 07/02/16 2016 Cumbria /	North West Winter Championships 2019	Manchester	Cockermouth	2
2:35.84 478 H 23/09/17 8th Presidents of 2:36.64 470 F 14/01/17 Cumbria Age G 2:37.41 463 H 16/10/16 The Allerdale G 2:37.45 463 H 14/01/17 Cumbria Age G 2:37.45 463 H 24/09/16 Workington 7th 2:41.83 426 H 07/02/16 2016 Cumbria Age G	North West Winter Championships 2019	Manchester	Cockermouth	2
2:36.64 470 F 14/01/17 Cumbria Age G 2:37.41 463 H 16/10/16 The Allerdale G 2:37.45 463 H 14/01/17 Cumbria Age G 2:37.45 463 H 14/01/17 Cumbria Age G 2:38.04 458 H 24/09/16 Workington 7th 2:41.83 426 H 07/02/16 2016 Cumbria Age G	County Championships and Age Groups	Kendal	Cockermouth	2
2:37.41 463 H 16/10/16 The Allerdale G 2:37.45 463 H 14/01/17 Cumbria Age G 2:38.04 458 H 24/09/16 Workington 7th 2:41.83 426 H 07/02/16 2016 Cumbria /	Open Meet	Workington	Workington	3
2:37.45 463 H 14/01/17 Cumbria Age G 2:38.04 458 H 24/09/16 Workington 7th 2:41.83 426 H 07/02/16 2016 Cumbria /	roup & County Championships	Workington	Workington	4
2:38.04 458 H 24/09/16 Workington 7th 2:41.83 426 H 07/02/16 2016 Cumbria /	ala 2016	Workington	Workington	3
2:41.83 426 H 07/02/16 2016 Cumbria /	roup & County Championships	Workington	Workington	4
	Presidents Open Meet	Workington	Workington	3
2:45.06 402 H 06/12/15 2015 Cumbria /	ge Groups & County Championships	Whitehaven	Workington	2
	utumn Meet	Whitehaven		3
2:47.38 385 F 27/09/15 Cockermouth C	lub Championships	Cockermouth	Cockermouth	4
2:47.74 383 H 12/09/15 Workington AS	C 6th Presidents Open Meet	Workigton		3
0.61 40 260 L 06/01/16 0016 Cumbric V	Enter Maat	Markinston	Powered By SPORT	SYSTEM

40×2.	000	п	20/01/10	2013 Guillona Willier Meet	workington		Page 2 / 2
2:52.02	355	Н	14/03/15	2015 Cumbria Age Groups & County Championships	Whitehaven		2
3:00.80	306	Н	05/12/14	Workington Club Champs	Workington		4
3:12.84	252	Н	17/01/14	Workington ASC Annual Club Championships	Workington	Workington	4

Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
2:31.42	521	Н	17/06/21	City of Manchester	Manchester	Co Manch Aq	0
2:30.53	530	Н	13/05/21	City of Manchester	MAC	Co Manch Aq	0
2:26.55	574	F	08/02/20	2020 Cumbria County Championships and Age Groups	Workington	Cockermouth	2
2:28.58	551	Н	08/02/20	2020 Cumbria County Championships and Age Groups	Workington	Cockermouth	2
2:32.83	506	Н	23/11/19	Allerdale Club Championships 2019	Workington	Cockermouth	3
2:28.55	552	Н	16/11/19	Stockport Metro November SC Open Meet	Grand Central Pools	Cockermouth	2
2:33.70	498	F	02/11/19	Swim England North West Winter Championships 2019	Manchester	Cockermouth	2
2:33.03	504	Н	02/11/19	Swim England North West Winter Championships 2019	Manchester	Cockermouth	2
2:30.65	529	Н	21/09/19	Workington ASC 10th Presidents Open Meet	Cumbria	Cockermouth	3
2:32.88	506	F	19/01/19	2019 Cumbria County Championships and Age Groups	Kendal	Cockermouth	2
2:34.17	493	Н	19/01/19	2019 Cumbria County Championships and Age Groups	Kendal	Cockermouth	2
2:30.59	529	Н	15/12/18	Workington & Cockermouth Allerdale Club Champs	Workington	Cockermouth	3
2:28.75	549	Н	18/11/18	Stockport Metro November Short Course Open Meet	Stockport	Cockermouth	2
2:31.34	522	Н	03/11/18	Swim England NWR Winter Championships	Manchester	Cockermouth	2
2:30.29	533	Н	23/09/18	Workington ASC 9th Presidents Open Meet	Workington	Cockermouth	3
2:32.73	507	Н	25/11/17	Allerdale Gala 2017	Workington	Workington	3
2:29.51	541	Н	19/11/17	Stockport Metro November Meet 2017	Stockport	Cockermouth	2
2:35.84	478	Н	23/09/17	8th Presidents Open Meet	Workington	Workington	3
2:36.64	470	F	14/01/17	Cumbria Age Group & County Championships	Workington	Workington	4
2:37.45	463	Н	14/01/17	Cumbria Age Group & County Championships	Workington	Workington	4
2:37.41	463	Н	16/10/16	The Allerdale Gala 2016	Workington	Workington	3
2:38.04	458	Н	24/09/16	Workington 7th Presidents Open Meet	Workington	Workington	3
2:41.83	426	Н	07/02/16	2016 Cumbria Age Groups & County Championships	Whitehaven	Workington	2
2:45.06	402	Н	06/12/15	2015 Cumbria Autumn Meet	Whitehaven		3
2:47.38	385	F	27/09/15	Cockermouth Club Championships	Cockermouth	Cockermouth	4
2:47.74	383	Н	12/09/15	Workington ASC 6th Presidents Open Meet	Workigton		3
2:52.02	355	Н	14/03/15	2015 Cumbria Age Groups & County Championships	Whitehaven		2
2:51.48	358	Н	25/01/15	2015 Cumbria Winter Meet	Workington		3
3:00.80	306	Н	05/12/14	Workington Club Champs	Workington		4
3:12.84	252	Н	17/01/14	Workington ASC Annual Club Championships	Workington	Workington	4