

Individual Best Times (All Time)

Abbie Winstanley - (906764) - City of Manchester Aquatics - 100 Individual Medley - 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
1:07.00	600	H	04/12/21	Swim England National Winter Championships (25m)	Sheffield	Co Manch Aq	2
1:07.04	598	H	06/11/21	NW Winter Regional Swimming Championships (25m)	Manchester	Co Manch Aq	2
1:07.30	592	F	02/11/19	Swim England North West Winter Championships 2019	Manchester	Cockermouth	2
1:07.36	590	H	17/11/18	Stockport Metro November Short Course Open Meet	Stockport	Cockermouth	2
1:07.46	587	F	06/11/21	NW Winter Regional Swimming Championships (25m)	Manchester	Co Manch Aq	2
1:07.48	587	F	03/11/18	Swim England NWR Winter Championships	Manchester	Cockermouth	2
1:07.69	581	H	02/11/19	Swim England North West Winter Championships 2019	Manchester	Cockermouth	2
1:07.90	576	H	12/01/19	2019 Cumbria County Championships and Age Groups	Workington	Cockermouth	2
1:08.05	572	F	12/01/19	2019 Cumbria County Championships and Age Groups	Workington	Cockermouth	2
1:08.20	568	H	15/11/19	Stockport Metro November SC Open Meet	Grand Central Pools	Cockermouth	2
1:08.27	567	F	25/01/20	2020 Cumbria County Championships and Age Groups	Workington	Cockermouth	2
1:08.71	556	H	23/09/18	Workington ASC 9th Presidents Open Meet	Workington	Cockermouth	3
1:09.29	542	H	25/11/17	Allerdale Gala 2017	Workington	Workington	3
1:09.46	538	H	25/01/20	2020 Cumbria County Championships and Age Groups	Workington	Cockermouth	2
1:09.52	537	H	16/12/18	Workington & Cockermouth Allerdale Club Champs	Workington	Cockermouth	3
1:09.56	536	H	24/11/19	Allerdale Club Championships 2019	Workington	Cockermouth	3
1:09.71	532	H	03/11/18	Swim England NWR Winter Championships	Manchester	Cockermouth	2
1:11.86	486	H	25/09/22	The eXcel September Spectacular	Derby	Co Manch Aq	2
1:12.11	481	H	16/10/16	The Allerdale Gala 2016	Workington	Workington	3
1:15.83	413	H	28/02/16	Cumbria Age Groups & County Championships	Kendal	Workington	2
1:17.57	386	H	07/03/15	2015 Cumbria Age Groups & County Championships	Kendal		2
1:18.40	374	H	13/06/15	20th Copeland Graded Gala	Whitehaven		3
1:18.81	368	F	27/09/15	Cockermouth Club Championships	Cockermouth	Cockermouth	4
1:19.38	360	H	05/12/15	2015 Cumbria Autumn Meet	Whitehaven		3
1:20.93	340	H	05/12/14	Workington Club Champs	Workington		4
1:21.00	339	H	25/01/15	2015 Cumbria Winter Meet	Workington		3
1:22.71	287	F	21/10/14	Evermouth Open Meet	Evermouth		2

1:23.71	307	F	31/10/14	Eyemouth Open Meet	Eyemouth		
1:25.40	289	H	13/09/14	Workington ASC 5th Presidents Open Gala	Cumbria		3
1:27.01	273	H	08/03/14	Cumbrian Age Groups and County Champs	Kendal	Workington	2
1:27.39	270	H	17/01/14	Workington ASC Annual Club Championships	Workington	Workington	4
1:36.44	201	H	07/09/13	Workington 4th Presidents Open Meet	Workington	Workington	3
1:36.73	199	H	15/06/13	Copeland ASC 17th Graded Gala	Whitehaven	Workington	3
1:41.12	174	H	20/04/13	Copeland 19th Bill & Monica Griffin	Whitehaven	Workington	3
1:45.22	154	F	29/09/12	Ulverston ASC Graded Open Age Group Meet	Kendal	Workington	3
1:48.79	140	H	24/11/12	2012 Cumbria Autumn Graded Series	Kendal	Workington	3

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