

Individual Best Times (All Time)

Abbie Winstanley - (906764) - City of Manchester Aquatics - 100 Freestyle - 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
58.33	639	H	21/11/21	BUCS Short Course Swimming	Sheffield		2
58.64	629	H	07/11/21	NW Winter Regional Swimming Championships (25m)	Manchester	Co Manch Aq	2
59.14	613	H	18/06/21	City of Manchester Aquatics	Manchester	Co Manch Aq	0
59.14	613	H	18/06/21	City of Manchester	Manchester	Co Manch Aq	0
59.20	611	F	07/11/21	NW Winter Regional Swimming Championships (25m)	Manchester	Co Manch Aq	2
59.35	606	H	20/11/22	BUCS Short Course 2022-23	Sheffield		2
59.83	592	H	19/11/17	Stockport Metro November Meet 2017	Stockport	Cockermouth	2
59.91	590	H	22/09/19	Workington ASC 10th Presidents Open Meet	Cumbria	Cockermouth	3
1:00.09	584	H	02/10/21	City of Leeds October Meet 2021	John Charles	Co Manch Aq	3
1:00.13	583	H	18/11/18	Stockport Metro November Short Course Open Meet	Stockport	Cockermouth	2
1:00.15	583	H	16/10/21	City of Birmingham Winter Open Meet	Birmingham	Co Manch Aq	2
1:00.27	579	H	15/05/21	City of Manchester	MAC	Co Manch Aq	0
1:00.33	577	H	16/11/19	Stockport Metro November SC Open Meet	Grand Central Pools	Cockermouth	2
1:00.51	572	F	15/12/19	North West Arena Premier Division A Final	Blackpool	Cockermouth	3
1:00.56	571	H	23/09/18	Workington ASC 9th Presidents Open Meet	Workington	Cockermouth	3
1:00.59	570	H	03/12/17	2017 Cumbria Winter Meet	Workington	Workington	3
1:00.64	569	H	25/11/17	Allerdale Gala 2017	Workington	Workington	3
1:00.75	565	H	04/11/18	Swim England NWR Winter Championships	Manchester	Cockermouth	2
1:01.76	538	H	24/09/17	8th Presidents Open Meet	Workington	Workington	3
1:02.17	528	H	08/02/20	2020 Cumbria County Championships and Age Groups	Workington	Cockermouth	2
1:02.79	512	H	15/12/18	Workington & Cockermouth Allerdale Club Champs	Workington	Cockermouth	3
1:03.01	507	H	24/11/19	Allerdale Club Championships 2019	Workington	Cockermouth	3
1:03.09	505	H	25/09/22	The eXcel September Spectacular	Derby	Co Manch Aq	2
1:03.82	488	H	13/01/19	2019 Cumbria County Championships and Age Groups	Workington	Cockermouth	2
1:04.14	480	F	08/02/20	2020 Cumbria County Championships and Age Groups	Workington	Cockermouth	2
1:04.54	471	H	25/09/16	Workington 7th Presidents Open Meet	Workington	Workington	3
1:04.86	465	H	03/02/19	2019 Cumbria County Championships & Age Groups	Kendal	Cockermouth	2

1:04.00	400	H	03/02/16	2016 Cumbrian County Championships & Age Groups	Kendal	Cockermouth	
1:06.47	432	H	16/10/16	The Allerdale Gala 2016	Workington	Workington	3
1:07.03	421	H	28/02/16	Cumbria Age Groups & County Championships	Kendal	Workington	2
1:07.91	405	H	13/06/15	20th Copeland Graded Gala	Whitehaven		3
1:08.04	402	H	14/01/17	Cumbria Age Group & County Championships	Workington	Workington	4
1:08.75	390	H	29/11/15	Wigan B.E.S.T SC Future Stars Open Meet	Wigan		2
1:09.17	383	H	13/09/15	Workington ASC 6th Presidents Open Meet	Workington		3
1:09.22	382	F	28/09/15	Cockermouth Club Championships	Cockermouth	Cockermouth	4
1:10.14	367	H	14/03/15	2015 Cumbria Age Groups & County Championships	Whitehaven		2
1:10.65	359	H	24/01/15	2015 Cumbria Winter Meet	Workington		3
1:10.82	357	H	18/04/15	Knowsley Spring Level 2 Gala	Huyton		2
1:12.23	336	H	07/12/14	Workington Club Champs	Workington		4
1:16.50	283	F	27/09/14	Ulverston ASC Grade Age Group Meet	Kendal	Workington	3
1:18.95	257	H	09/02/14	Middlesbrough ASC AA Grade 2014	Middlesbrough	Workington	3
1:19.25	254	H	19/01/14	Workington ASC Annual Club Championships	Workington	Workington	4
1:33.54	155	F	09/06/13	Dumfries Open Meet	Dumfries	Workington	2

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