

Individual Best Times (All Time)

Abbie Winstanley - (906764) - City of Manchester Aquatics - 200 Breaststroke - 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
2:43.16	561	H	25/01/20	2020 Cumbria County Championships and Age Groups	Workington	Cockermouth	2
2:43.42	558	F	03/02/18	2018 Cumbrian County Championships & Age Groups	Kendal	Cockermouth	2
2:45.40	538	H	18/11/18	Stockport Metro November Short Course Open Meet	Stockport	Cockermouth	2
2:45.52	537	H	04/11/18	Swim England NWR Winter Championships	Manchester	Cockermouth	2
2:45.54	537	H	03/02/18	2018 Cumbrian County Championships & Age Groups	Kendal	Cockermouth	2
2:45.55	537	H	03/12/17	2017 Cumbria Winter Meet	Workington	Workington	3
2:46.19	530	H	19/11/17	Stockport Metro November Meet 2017	Stockport	Cockermouth	2
2:46.32	529	F	13/01/19	2019 Cumbria County Championships and Age Groups	Workington	Cockermouth	2
2:46.84	524	H	13/01/19	2019 Cumbria County Championships and Age Groups	Workington	Cockermouth	2
2:47.16	521	F	25/01/20	2020 Cumbria County Championships and Age Groups	Workington	Cockermouth	2
2:47.58	517	H	14/01/17	Cumbria Age Group & County Championships	Workington	Workington	4
2:47.78	515	H	23/09/18	Workington ASC 9th Presidents Open Meet	Workington	Cockermouth	3
2:47.96	514	H	26/11/17	Allerdale Gala 2017	Workington	Workington	3
2:47.98	514	H	22/09/19	Workington ASC 10th Presidents Open Meet	Cumbria	Cockermouth	3
2:48.39	510	F	14/01/17	Cumbria Age Group & County Championships	Workington	Workington	4
2:48.47	509	H	16/12/18	Workington & Cockermouth Allerdale Club Champs	Workington	Cockermouth	3
2:49.01	504	H	03/12/16	2016 Cumbria Winter Meet	Kendal	Workington	3
2:49.30	502	H	25/09/16	Workington 7th Presidents Open Meet	Workington	Workington	3
2:49.59	499	H	24/09/17	8th Presidents Open Meet	Workington	Workington	3
2:49.69	498	H	24/11/19	Allerdale Club Championships 2019	Workington	Cockermouth	3
2:50.17	494	H	26/06/16	Central Lancashire SWPA Inter Association	Wigan	Cumbria	3
2:51.32	484	H	22/11/16	Stockport Metro November Open Meet	Stockport	Cockermouth	2
2:53.45	467	H	27/02/16	Cumbria Age Groups & County Championships	Kendal	Workington	2
2:53.49	466	H	06/11/16	ASA North West Region Winter Championships	Manchester	Workington	2
2:53.69	465	F	28/10/16	Eyemouth Open Meet	Eyemouth		3
2:53.90	463	H	08/11/15	ASA North West Region Winter Championships	Liverpool		2
2:55.18	452	H	22/11/15	Bolton & Manchester SWPA Inter Association	Wigan		3

2:33.10	433	H	22/11/13	Durham & Manchester SWPA Inter Association	Wigan		
2:55.91	447	H	16/10/16	The Allerdale Gala 2016	Workington	Workington	3
2:56.39	444	H	18/04/15	Knowsley Spring Level 2 Gala	Huyton		2
2:56.77	441	F	01/10/15	Cockermouth Club Championships	Cockermouth	Cockermouth	4
2:58.29	429	H	13/09/15	Workington ASC 6th Presidents Open Meet	Workington		3
2:58.62	427	H	15/03/15	2015 Cumbria Age Groups & County Championships	Whitehaven		2
2:58.91	425	F	27/02/16	Cumbria Age Groups & County Championships	Kendal	Workington	2
2:59.59	420	H	23/11/14	Liverpool & Dist Inter Association Gala	Huyton		2
2:59.63	420	H	29/11/15	Wigan B.E.S.T SC Future Stars Open Meet	Wigan		2
3:01.10	410	F	16/11/14	Wigan BEST Future Stars Open Meet	Wigan	Workington	2
3:03.58	393	F	30/10/15	Eyemouth Open Meet	Eyemouth		3
3:04.04	390	H	24/05/14	Blackpool Rocks Level 3 Open Meet	Blackpool	Workington	3
3:05.11	384	H	13/09/14	Workington ASC 5th Presidents Open Gala	Cumbria		3
3:07.62	368	H	16/03/14	Cumbria County Championships	Whitehaven	Workington	2
3:11.10	349	H	09/02/14	Middlesbrough ASC AA Grade 2014	Middlesbrough	Workington	3
3:11.18	348	H	01/12/13	Cumbria S & WPA Interassociation	Blackpool	Workington	2
3:11.39	347	F	17/11/13	Wigan BEST Future Stars Meet	Wigan	Workington	1
3:17.20	317	H	21/09/13	2013 Cumbria ASA Inter- Association Qualifier	Carlisle	Workington	3
3:23.30	290	H	07/09/13	Workington 4th Presidents Open Meet	Workington	Workington	3
3:36.96	238	H	25/05/13	Blackpool "Rocks" Level 3 Open Meet	Blackpool	Workington	3
3:37.15	237	F	08/06/13	Dumfries Open Meet	Dumfries	Workington	2
3:40.68	226	H	17/03/13	Cumbria County Championships	Whitehaven	Workington	2
3:46.69	209	H	24/11/12	2012 Cumbria Autumn Graded Series	Kendal	Workington	3

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