

Individual Best Times (All Time)

Natasha Abbott - (260179) - Biggleswade SC

Long Course

| Stroke | LC Time | Converted to SC | LC WA Pts | Date | Meet | Venue | Licence | Level |
|-----------------|---------|-----------------|-----------|----------|-------------------------------------|-----------|----------|-------|
| 50 Freestyle | 33.41 | 32.80 | 352 | 21/02/15 | BUCS Long Course Championships 2015 | Sheffield | NE150632 | 1 |
| 100 Freestyle | 1:13.76 | 1:12.60 | 344 | 22/02/15 | BUCS Long Course Championships 2015 | Sheffield | NE150632 | 1 |
| 200 Freestyle | 2:44.58 | 2:42.50 | 322 | 10/07/10 | Co Coventry Graham Sykes | Coventry | WM0203 | 3 |
| 400 Freestyle | 5:52.21 | 5:48.20 | 298 | 10/07/10 | Co Coventry Graham Sykes | Coventry | WM0203 | 3 |
| 50 Breaststroke | 43.49 | 42.80 | 301 | 21/02/15 | BUCS Long Course Championships 2015 | Sheffield | NE150632 | 1 |

Short Course

| Stroke | SC Time | Converted to LC | SC WA Pts | Date | Meet | Venue | License | Level |
|-----------------------|----------|-----------------|-----------|----------|--------------------------------------|-------------|---------|-------|
| 50 Freestyle | 33.39 | 34.00 | 323 | 20/03/11 | Bedfordshire County Championships | Biggleswade | CC1107 | 2 |
| 100 Freestyle | 1:12.68 | 1:13.80 | 330 | 22/11/14 | Flitwick Dolphins Club Championships | Biggleswade | ER4801 | 4 |
| 200 Freestyle | 2:35.20 | 2:37.40 | 359 | 23/10/11 | Flitwick Dolphins Open Meet | Biggleswade | ER1427 | 3 |
| 400 Freestyle | 5:29.15 | 5:33.40 | 347 | 26/11/11 | Flitwick Dolphins Club Championships | Biggleswade | ER1645 | 4 |
| 800 Freestyle | 11:10.57 | 11:19.20 | 360 | 25/11/11 | Flitwick Dolphins Club Championships | Biggleswade | ER1645 | 4 |
| 1500 Freestyle | 22:03.01 | 22:18.50 | 323 | 18/11/11 | Flitwick Dolphins Club Championships | Biggleswade | ER1645 | 4 |
| 50 Breaststroke | 44.06 | 44.80 | 266 | 23/11/14 | Flitwick Dolphins Club Championships | Flitwick | ER4802 | 4 |
| 100 Breaststroke | 1:35.90 | 1:37.20 | 274 | 26/11/11 | Flitwick Dolphins Club Championships | Biggleswade | ER1645 | 4 |
| 200 Breaststroke | 3:25.72 | 3:28.30 | 279 | 11/04/10 | Luton Short Course Meet | Barnet | ER0193 | 2 |
| 50 Butterfly | 37.34 | 37.80 | 278 | 22/11/14 | Flitwick Dolphins Club Championships | Biggleswade | ER4801 | 4 |
| 100 Butterfly | 1:27.84 | 1:28.70 | 232 | 20/11/10 | Flitwick Dolphins Club Championships | Various | ER0753 | 4 |
| 50 Backstroke | 38.78 | 39.30 | 276 | 27/11/11 | Flitwick Dolphins Club Championships | Biggleswade | ER1645 | 4 |
| 100 Backstroke | 1:23.04 | 1:24.00 | 288 | 23/10/11 | Flitwick Dolphins Open Meet | Biggleswade | ER1427 | 3 |
| 200 Backstroke | 2:53.53 | 2:55.40 | 322 | 22/11/14 | Flitwick Dolphins Club Championships | Biggleswade | ER4801 | 4 |
| 200 Individual Medley | 2:55.72 | 2:58.00 | 333 | 26/11/11 | Flitwick Dolphins Club Championships | Biggleswade | ER1645 | 4 |
| 400 Individual Medley | 6:08.76 | 6:13.50 | 346 | 19/11/11 | Flitwick Dolphins Club Championships | Biggleswade | ER1645 | 4 |
| 100 Individual Medley | 1:21.34 | 1:21.30 | 335 | 06/03/11 | Bedfordshire County Championships | Biggleswade | CC1106 | 2 |