

# 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