

Individual Best Times (All Time)

Abbie-May Allford - (861500) - Torfaen Dolphins Performance

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	42.34	41.80	173	18/06/16	Torfaen Dolphins LC Open Meet 2016	Bristol	SW160625	3
100 Freestyle	1:34.85	1:34.00	162	21/02/16	City of Cardiff Closed Invitational Meet	Cardiff	WL160200	3
200 Freestyle	3:57.85	3:56.40	106	19/09/15	Swim Wales Legends Meet	Swansea	WL150508	3
400 Freestyle	7:06.88	7:03.60	167	18/06/16	Torfaen Dolphins LC Open Meet 2016	Bristol	SW160625	3
50 Breaststroke	1:00.03	59.50	114	18/06/16	Torfaen Dolphins LC Open Meet 2016	Bristol	SW160625	3
100 Breaststroke	2:16.96	2:16.00	102	09/01/16	Swim Wales New Year Meet	Swansea	WL160018	1
50 Butterfly	1:09.28	1:09.00	43	04/10/15	RTC Performance Swim Squad Open	Cardiff	WL151541	1
100 Butterfly	2:03.25	2:02.60	91	18/06/16	Torfaen Dolphins LC Open Meet 2016	Bristol	SW160625	3
50 Backstroke	50.26	49.90	152	20/02/16	City of Cardiff Closed Invitational Meet	Cardiff	WL160200	3
100 Backstroke	1:46.62	1:45.90	155	09/01/16	Swim Wales New Year Meet	Swansea	WL160018	1
200 Backstroke	3:54.13	3:52.70	145	18/06/16	Torfaen Dolphins LC Open Meet 2016	Bristol	SW160625	3
200 Individual Medley	4:08.03	4:06.40	131	21/02/16	City of Cardiff Closed Invitational Meet	Cardiff	WL160200	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	40.56	41.10	180	09/04/16	Gloucester City Spring Level 2	Gloucester	SW160132	2
100 Freestyle	1:31.69	1:32.60	164	02/04/16	Swim Wales South East No Time Gala	Newport	WL160032	3
200 Freestyle	3:11.89	3:13.70	189	14/05/16	Swim Wales South East Junior Development Meet	Newport	WL160030	3
400 Freestyle	7:11.05	7:14.30	154	10/04/16	Gloucester City Spring Level 2	Gloucester	SW160132	2
50 Breaststroke	57.31	57.90	121	10/07/16	Torfaen Short Course Development Meet 2016	Newport	WL161032	3
100 Breaststroke	2:14.89	2:15.80	98	29/11/15	Swim Wales South East Sub Regional Championships	Newport	WL151214	3
200 Breaststroke	4:43.29	4:45.20	107	09/04/16	Gloucester City Spring Level 2	Gloucester	SW160132	2
50 Butterfly	51.70	52.10	104	09/07/16	Torfaen Short Course Development Meet 2016	Newport	WL161032	3
100 Butterfly	2:01.97	2:02.60	87	09/04/16	Gloucester City Spring Level 2	Gloucester	SW160132	2
50 Backstroke	46.92	47.30	155	28/02/16	Torfaen Dolphins St David's	Pontypool	WL160550	3
100 Backstroke	1:43.48	1:44.30	149	09/04/16	Gloucester City Spring Level 2	Gloucester	SW160132	2
200 Backstroke	3:54.21	3:55.60	130	29/11/15	Swim Wales South East Sub Regional Championships	Newport	WL151214	3
200 Individual Medley	3:54.42	3:56.10	140	10/04/16	Gloucester City Spring Level 2	Gloucester	SW160132	2
100 Individual Medley	1:46.91	1:46.90	147	09/07/16	Torfaen Short Course Development Meet 2016	Newport	WL161032	3