

# Individual Best Times (All Time)

Glesni Abbott - (1350833) - Chepstow & District SC

Long Course

| Stroke          | LC Time | Converted to SC | LC WA Pts | Date     | Meet                         | Venue   | Licence  | Level |
|-----------------|---------|-----------------|-----------|----------|------------------------------|---------|----------|-------|
| 50 Freestyle    | 36.95   | 36.40           | 260       | 01/07/23 | Cardiff Bay Sprint Meet 2023 | Cardiff | WL230296 | 3     |
| 50 Breaststroke | 44.94   | 44.20           | 273       | 01/07/23 | Cardiff Bay Sprint Meet 2023 | Cardiff | WL230296 | 3     |
| 50 Backstroke   | 41.80   | 41.30           | 265       | 01/07/23 | Cardiff Bay Sprint Meet 2023 | Cardiff | WL230296 | 3     |

Short Course

| Stroke                | SC Time | Converted to LC | SC WA Pts | Date     | Meet                                           | Venue     | License  | Level |
|-----------------------|---------|-----------------|-----------|----------|------------------------------------------------|-----------|----------|-------|
| 50 Freestyle          | 35.38   | 36.00           | 272       | 29/04/23 | Spring Open Meet 2023                          | Newport   | WL230128 | 2     |
| 100 Freestyle         | 1:37.15 | 1:38.00         | 138       | 02/11/19 | Torfaen Dolphins Spooktacular                  | Pontypool | WL191596 | 3     |
| 200 Freestyle         | 4:51.87 | 4:53.10         | 53        | 13/05/17 | Swim Wales South East Junior Development Meet  | Newport   | WL170083 | 3     |
| 50 Breaststroke       | 43.40   | 44.10           | 279       | 30/04/23 | Spring Open Meet 2023                          | Newport   | WL230128 | 2     |
| 100 Breaststroke      | 1:38.55 | 1:39.80         | 253       | 26/11/22 | Swim Wales South East Sub Regionals 2022       | Newport   | WL222522 | 3     |
| 200 Breaststroke      | 3:58.25 | 4:00.50         | 180       | 23/11/19 | Swim Wales South East Sub Regional             | Newport   | WL190046 | 3     |
| 50 Butterfly          | 43.97   | 44.40           | 170       | 11/12/22 | City of Newport SC Christmas Cracker Meet 2022 | Newport   | WL222358 | 3     |
| 50 Backstroke         | 40.70   | 41.20           | 238       | 29/04/23 | Spring Open Meet 2023                          | Newport   | WL230128 | 2     |
| 100 Backstroke        | 1:35.20 | 1:36.00         | 191       | 26/11/22 | Swim Wales South East Sub Regionals 2022       | Newport   | WL222522 | 3     |
| 200 Individual Medley | 3:42.86 | 3:44.60         | 163       | 11/12/22 | City of Newport SC Christmas Cracker Meet 2022 | Newport   | WL222358 | 3     |
| 100 Individual Medley | 1:43.27 | 1:43.30         | 163       | 21/09/19 | City of Newport Chepstow Autumn Closed Meet    | Newport   | WL192380 | 3     |