

Individual Best Times (All Time)

Abbie Ackroyd - (804519) - Rotherham Metro SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.47	30.80	422	23/01/16	Rotherham Metro A&B Grade LC Meet	Sheffield	NE160160	3
100 Freestyle	1:11.13	1:09.90	384	05/07/14	Borough of Barnsley SC 7th Annual Summer Sizzler	Sheffield	NE4704	3
200 Freestyle	2:47.73	2:45.60	304	22/01/12	Rotherham Metro A & B Grade Gala	Sheffield	NE2002	3
50 Breaststroke	37.45	36.60	472	28/02/16	Yorkshire County Championships	Sheffield	NE160070	1
100 Breaststroke	1:24.35	1:22.80	439	23/01/16	Rotherham Metro A&B Grade LC Meet	Sheffield	NE160160	3
200 Breaststroke	3:04.56	3:01.70	413	22/01/17	Rotherham Metro 'A' & 'B' Grade Long Course Meet	Sheffield	NE170150	3
50 Butterfly	35.58	35.00	323	18/01/15	Rotherham Metro A & B Grade LC Meet	Sheffield	NE150075	3
100 Butterfly	1:25.49	1:24.60	273	05/07/14	Borough of Barnsley SC 7th Annual Summer Sizzler	Sheffield	NE4704	3
50 Backstroke	35.02	34.40	451	30/08/14	Worksop Dolphins The 30th Dukeries Open Meet	Sheffield	EM4454	3
100 Backstroke	1:14.81	1:13.70	450	16/05/15	Rotherham Metro Level One Long Course Meet	Sheffield	NE150169	1
200 Backstroke	2:41.10	2:39.00	446	17/05/15	Rotherham Metro Level One Long Course Meet	Sheffield	NE150169	1
200 Individual Medley	2:50.44	2:48.10	405	19/05/13	Rotherham Metro Level 1 Open Meet	Sheffield	NE3049	1
400 Individual Medley	6:26.47	6:21.90	325	08/01/12	Sheffield & District ASA Championships	Sheffield	NE2101	4

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.85	31.50	410	20/07/14	Rotherham Metro A&B Grade SC Meet	Sheffield	NE4138	3
100 Freestyle	1:08.42	1:09.60	396	14/10/12	Yorkshire SA Winter Competition 2012	Sheffield	NE2844	2
200 Freestyle	2:35.91	2:38.10	354	15/07/12	Rotherham Metro ASC L3 Short Course Meet	Sheffield	NE2071	3
400 Freestyle	5:35.13	5:39.30	328	26/11/11	Rotherham Metro Time Trials	Rotherham	NE1550	4
50 Breaststroke	36.66	37.50	463	22/11/15	ASANER Regional Senior & Youth Championships	Sunderland	NE151550	2
100 Breaststroke	1:20.72	1:22.30	461	11/10/15	Yorkshire Winter Competition	Sheffield	NE151548	2
200 Breaststroke	2:58.40	3:01.30	429	18/07/15	Rotherham Metro A & B Grade Short Course Meet	Sheffield	NE150503	3
50 Butterfly	34.61	35.20	349	20/09/14	Rotherham Metro A&B Grade Meet	Sheffield	NE4307	3
100 Butterfly	1:23.15	1:24.10	274	22/09/12	Rotherham Metro A& B Grade Meet	Sheffield	NE2145	3
200 Butterfly	3:05.49	3:07.20	268	15/09/12	Rotherham Metro Time Trials	Rotherham	NE2641	4
50 Backstroke	34.11	34.70	405	16/10/16	Yorkshire SA Winter Competition	Leeds	NE162072	2
100 Backstroke	1:13.14	1:14.20	422	05/07/15	Borough of Barnsley 8th Annual Summer Sizzler	Sheffield	NE150893	3
200 Backstroke	2:36.55	2:38.70	438	19/07/15	Rotherham Metro A & B Grade Short Course Meet	Sheffield	NE150503	3
200 Individual Medley	2:42.05	2:44.50	425	19/07/14	Rotherham Metro A&B Grade SC Meet	Sheffield	NE4138	3
400 Individual Medley	5:52.87	5:57.80	395	12/07/14	Rotherham Metro Distance Time Trials	Rotherham	NE4809	4
100 Individual Medley	1:15.14	1:15.10	425	20/07/14	Rotherham Metro A&B Grade SC Meet	Sheffield	NE4138	3