

Individual Best Times (All Time)

Abby Ashworth - (910570) - Bromley SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.05	28.30	536	13/02/16	Kent Swimming Championships 2016	London	SE160331	1
100 Freestyle	1:04.71	1:03.40	510	08/05/16	London Region Age Grp Summer Championships	Crystal Palace	LR160415	1
50 Breaststroke	35.12	34.20	572	05/08/17	Swim England National Summer Meet (50m)	Sheffield	ENG001	1
100 Breaststroke	1:17.74	1:16.10	561	04/02/17	Kent Swimming Championships	Crystal Palace	SE170173	1
200 Breaststroke	2:56.92	2:53.90	469	29/04/17	2017 London Swimming Regional Youth Championships	Stratford	LR170800	1
50 Butterfly	30.86	30.20	496	14/02/16	Kent Swimming Championships 2016	London	SE160331	1
100 Butterfly	1:12.52	1:11.50	447	07/05/16	London Region Age Grp Summer Championships	Crystal Palace	LR160415	1
200 Butterfly	3:01.60	2:59.80	301	05/02/17	Kent Swimming Championships	Crystal Palace	SE170173	1
50 Backstroke	37.07	36.50	380	13/02/16	Kent Swimming Championships 2016	London	SE160331	1
200 Individual Medley	2:42.88	2:40.40	464	05/04/15	Beckenham Easter International Open 2015	Crystal Palace	LR150437	1
400 Individual Medley	5:57.37	5:52.40	411	21/01/17	Kent Swimming Championships	Crystal Palace	SE170171	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.10	29.80	489	16/10/16	Bromley Autumn Gold Open Meet 2016	Beckenham	LR161500	3
100 Freestyle	1:05.24	1:06.50	456	20/12/15	Bromley Christmas Gold Open Meet 2015	Gillingham	LR151868	3
200 Freestyle	2:21.03	2:23.50	478	17/09/16	Bromley Club Championships	Croydon	LR161304	4
400 Freestyle	5:00.06	5:04.70	458	09/07/16	Bromley Club Championships	Croydon	LR161302	4
800 Freestyle	10:37.46	10:46.50	420	16/07/16	Bromley Club Championships	Beckenham	LR161303	4
50 Breaststroke	35.05	35.90	530	16/12/17	Bromley Chrismas Gold Open Meet 2017	Gillingham	LR171165	3
100 Breaststroke	1:16.33	1:18.00	545	09/12/17	NASLS - Round Three	Wycombe	SE172619	2
200 Breaststroke	2:48.16	2:51.30	512	18/03/17	Bromley Spring Dual Meet	Beckenham	LR170745	3
50 Butterfly	31.16	31.80	478	17/12/17	Bromley Chrismas Gold Open Meet 2017	Gillingham	LR171165	3
100 Butterfly	1:11.11	1:12.20	439	17/09/16	Bromley Club Championships	Croydon	LR161304	4
200 Butterfly	2:50.38	2:52.20	345	16/07/16	Bromley Club Championships	Beckenham	LR161303	4
50 Backstroke	34.77	35.30	382	25/11/17	Bromley Club Championships 2017	Beckenham	LR171053	4
100 Backstroke	1:16.34	1:17.40	371	17/09/16	Bromley Club Championships	Croydon	LR161304	4
200 Backstroke	2:47.77	2:49.70	356	09/07/16	Bromley Club Championships	Croydon	LR161302	4
200 Individual Medley	2:37.62	2:40.10	462	01/10/16	Orpington Ojays Season Starter 2016	Gillingham	LR160636	3
400 Individual Medley	5:47.01	5:52.00	415	22/10/16	Bromley Club Championships	Beckenham	LR161305	4
100 Individual Medley	1:14.65	1:14.70	433	02/03/14	BG Kent ASA Swimming Championships	Gillingham	CC4062	2