

Individual Best Times (All Time)

Sophie Agnew - (1380123) - Elmbridge Phoenix SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.27	30.60	430	23/03/24	Winchester Spring Qualifier 2024	Winchester	SE240331	1
100 Freestyle	1:10.24	1:09.00	398	24/09/23	Crawley SC Lis Hartley Open Meet L3 2023	Crawley	SE231515	3
200 Freestyle	2:36.94	2:34.70	371	20/01/24	Surrey Age Group Championships 2024	Guildford	SE240476	1
50 Butterfly	38.25	37.70	260	04/02/24	Surrey Age Group Championships 2024	Guildford	SE240477	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.33	31.00	432	16/03/24	Hatfield Regional Qualifier March 2024	Hatfield	ER240014	3
100 Freestyle	1:05.98	1:07.20	441	17/03/24	Hatfield Regional Qualifier March 2024	Hatfield	ER240014	3
200 Freestyle	2:29.34	2:31.60	403	14/01/24	Kingston Royals New Year County Qualifier Meet 202	Walton-on-Thames	LR240112	3
50 Breaststroke	45.39	46.10	244	17/09/23	Elmbridge Phoenix Club Championships 2023	Walton on Thames	SE232056	4
100 Breaststroke	1:41.19	1:42.40	234	08/10/23	Elmbridge Phoenix Club Championships 2023	Walton on Thames	SE232057	4
50 Butterfly	35.23	35.80	331	14/01/24	Kingston Royals New Year County Qualifier Meet 202	Walton-on-Thames	LR240112	3
100 Butterfly	1:33.31	1:34.10	194	17/09/23	Elmbridge Phoenix Club Championships 2023	Walton on Thames	SE232056	4
50 Backstroke	40.92	41.40	234	08/10/23	Elmbridge Phoenix Club Championships 2023	Walton on Thames	SE232057	4
100 Backstroke	1:27.25	1:28.20	248	17/09/23	Elmbridge Phoenix Club Championships 2023	Walton on Thames	SE232056	4
200 Individual Medley	3:10.71	3:12.80	260	08/10/23	Elmbridge Phoenix Club Championships 2023	Walton on Thames	SE232057	4
100 Individual Medley	1:23.19	1:23.20	313	18/11/23	Kingston Royal Autumn Open Meet 2023	Elmbridge Xcel	LR231514	3