

Individual Best Times (All Time)

Sophie Jenkinson - (1103148) - Rochford & District SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.07	29.40	484	02/02/19	ESSEX AGE GROUP CHAMPS 2019	LONDON	ER190209	1
100 Freestyle	1:05.93	1:04.60	482	20/04/19	BPSC Easter Meet 2019	Basildon	ER190188	1
200 Freestyle	2:22.70	2:20.20	494	16/02/19	Essex Age Group Champs 2019	Basildon	ER190211	1
400 Freestyle	5:03.05	4:58.40	468	29/10/17	Essex Senior Winter Championships 2017	Basildon	ER171405	1
800 Freestyle	11:15.71	11:07.10	369	20/01/17	Essex Age Group Championships 2017	Basildon	ER170022	1
50 Breaststroke	39.20	38.40	411	02/02/19	ESSEX AGE GROUP CHAMPS 2019	LONDON	ER190209	1
100 Breaststroke	1:27.93	1:26.50	387	20/04/19	BPSC Easter Meet 2019	Basildon	ER190188	1
200 Breaststroke	3:09.35	3:06.50	383	29/10/17	Essex Senior Winter Championships 2017	Basildon	ER171405	1
50 Butterfly	36.63	36.10	296	22/07/17	BPSC End of Season Meet 2017	Basildon	ER170185	3
100 Butterfly	1:24.52	1:23.60	282	23/07/17	BPSC End of Season Meet 2017	Basildon	ER170185	3
200 Butterfly	3:02.45	3:00.70	297	21/01/18	Essex Age Group Championships 2018	Basildon	ER180154	1
50 Backstroke	33.58	33.00	511	20/04/19	BPSC Easter Meet 2019	Basildon	ER190188	1
100 Backstroke	1:13.10	1:12.00	482	21/04/19	BPSC Easter Meet 2019	Basildon	ER190188	1
200 Backstroke	2:38.89	2:36.80	465	17/02/19	Essex Age Group Champs 2019	Basildon	ER190211	1
200 Individual Medley	2:45.00	2:42.60	446	21/04/19	BPSC Easter Meet 2019	Basildon	ER190188	1
400 Individual Medley	5:47.75	5:42.70	446	20/01/18	Essex Age Group Championships 2018	Basildon	ER180154	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.67	30.40	461	15/12/19	Dave Warriner Sprint Event 2019	Basildon	ER192692	3
100 Freestyle	1:04.11	1:05.40	481	16/03/19	BPSC Regional County Qualifier 2019	Basildon	ER190185	3
200 Freestyle	2:22.09	2:24.50	467	14/04/18	Thurrock Essex & Regional Qualifier 2018	Thurrock	ER180075	3
400 Freestyle	4:54.01	4:58.70	486	01/07/18	BPSC Club Champs 2018	Basildon	ER181175	4
800 Freestyle	10:10.73	10:20.10	477	02/12/17	BPSC 800 & 1500 County & Regional Qualifier	Basildon	ER172325	3
50 Breaststroke	37.42	38.30	435	15/12/19	Dave Warriner Sprint Event 2019	Basildon	ER192692	3
100 Breaststroke	1:23.93	1:25.40	410	20/10/18	Essex Senior Winter Champs 2018	Basildon	ER181237	2
200 Breaststroke	3:01.21	3:04.10	409	16/12/17	BPSC Last Chance County Qualifier	Basildon	ER172322	3
50 Butterfly	34.37	34.90	356	28/09/19	BPSC Season Opener 2019	Basildon	ER191860	3
100 Butterfly	1:16.99	1:18.00	346	29/09/19	BPSC Season Opener 2019	Basildon	ER191860	3
200 Butterfly	2:56.37	2:58.20	311	28/09/19	BPSC Season Opener 2019	Basildon	ER191860	3
50 Backstroke	33.31	33.90	435	19/10/19	Essex Senior Winter Champs	Basildon	ER191968	2
100 Backstroke	1:11.43	1:12.50	453	15/12/19	Dave Warriner Sprint Event 2019	Basildon	ER192692	3
200 Backstroke	2:33.59	2:35.70	464	15/03/20	BPSC Spring Regional Qualifier 2020	Basildon	ER200476	3
200 Individual Medley	2:41.21	2:43.60	431	21/10/18	Essex Senior Winter Champs 2018	Basildon	ER181237	2
400 Individual Medley	5:32.25	5:37.50	473	06/07/19	BPSC Club Championships 2019	Basildon	ER191554	4
100 Individual Medley	1:15.05	1:15.10	426	29/09/18	BPSC Season Opener 2018	Basildon	ER181384	3