

Individual Best Times (All Time)

Sophie Atwell - (1145493) - Folkestone SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	33.21	32.60	359	04/06/23	Bo Waltham Forest Gators SC Level 3 Gala 2023	Stratford	LR230643	3
100 Freestyle	1:12.98	1:11.80	355	04/06/23	Bo Waltham Forest Gators SC Level 3 Gala 2023	Stratford	LR230643	3
200 Freestyle	2:35.55	2:33.30	381	04/06/23	Bo Waltham Forest Gators SC Level 3 Gala 2023	Stratford	LR230643	3
50 Breaststroke	52.33	51.70	173	27/07/19	NUEL Non National Qualifiers Meet 2019	London Aquatic	LR191609	3
100 Breaststroke	1:53.72	1:52.60	179	28/07/19	NUEL Non National Qualifiers Meet 2019	London Aquatic	LR191609	3
200 Breaststroke	4:03.42	4:01.20	180	28/07/19	NUEL Non National Qualifiers Meet 2019	London Aquatic	LR191609	3
50 Backstroke	39.85	39.30	306	04/06/23	Bo Waltham Forest Gators SC Level 3 Gala 2023	Stratford	LR230643	3
100 Backstroke	1:22.26	1:21.30	338	04/06/23	Bo Waltham Forest Gators SC Level 3 Gala 2023	Stratford	LR230643	3
200 Individual Medley	2:59.31	2:57.10	347	04/06/23	Bo Waltham Forest Gators SC Level 3 Gala 2023	Stratford	LR230643	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.61	32.30	381	28/10/23	East Invicta ASA 2023 Championships	Dover	SE231503	2
100 Freestyle	1:08.75	1:10.00	390	02/07/23	Folkestone SC Club Championships 2023	Folkestone	SE231405	4
200 Freestyle	2:30.61	2:32.90	392	03/12/23	Thanet SC Speedo Festive Meet 2023	Margate	SE232532	3
400 Freestyle	5:28.03	5:32.30	350	30/06/23	Folkestone SC Club Championships 2023	Folkestone	SE231404	4
800 Freestyle	11:21.60	11:30.00	343	28/06/23	Folkestone SC Club Championships 2023	Folkestone	SE231404	4
1500 Freestyle	22:02.10	22:17.60	324	03/07/23	Folkestone SC Club Championships 2023	Folkestone	SE231405	4
50 Breaststroke	42.57	43.30	295	06/01/24	Dover Lifeguard Club & Herne Bay SC Icebreaker 24	Dover	SE240082	3
100 Breaststroke	1:33.77	1:35.10	294	01/10/23	Dover Life Guard Club White Cliffs Gala 2023	Dover	SE231548	3
200 Breaststroke	3:17.66	3:20.30	315	07/07/23	Folkestone SC Club Championships 2023	Folkestone	SE231405	4
50 Butterfly	34.95	35.50	339	28/10/23	East Invicta ASA 2023 Championships	Dover	SE231503	2
100 Butterfly	1:21.60	1:22.50	290	15/07/23	Thanet SC John White Speedo Sprints 2023	Hartsdown LC	SE231229	3
50 Backstroke	36.78	37.30	323	01/07/23	Folkestone SC Club Championships 2023	Folkestone	SE231404	4
100 Backstroke	1:17.24	1:18.30	358	13/10/23	National Arena Swimming League South R1 2023	Horsham	SE231992	3
200 Backstroke	2:46.91	2:48.90	361	30/09/23	Dover Life Guard Club White Cliffs Gala 2023	Dover	SE231548	3
200 Individual Medley	2:51.24	2:53.50	360	13/10/23	National Arena Swimming League South R1 2023	Horsham	SE231992	3
400 Individual Medley	6:10.31	6:15.00	341	28/10/23	East Invicta ASA 2023 Championships	Dover	SE231503	2
100 Individual Medley	1:19.28	1:19.30	362	26/06/23	Folkestone SC Club Championships 2023	Folkestone	SE231404	4