

# Individual Best Times (All Time)

Sophie Channell - (1161543) - Salisbury Stingrays SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.72	30.00	453	13/03/22	Team Bath & Millfield National Qualifier L1 Meet	Millfield	SW220145	1
100 Freestyle	1:06.30	1:05.00	474	03/04/22	City of Bristol L1 International Open Meet	Hengrove	SW220210	1
200 Freestyle	2:34.33	2:32.10	390	08/04/18	City of Wells Open Meet 2018	Millfield	SW180174	3
50 Breaststroke	50.21	49.60	195	17/07/16	Portsmouth Northsea End of Season Meet	Portsmouth	SE160364	3
50 Butterfly	33.85	33.30	375	03/04/22	City of Bristol L1 International Open Meet	Hengrove	SW220210	1
100 Butterfly	1:24.34	1:23.40	284	07/04/18	City of Wells Open Meet 2018	Millfield	SW180174	3
50 Backstroke	35.73	35.20	424	02/04/22	City of Bristol L1 International Open Meet	Hengrove	SW220210	1
100 Backstroke	1:29.21	1:28.30	265	20/03/16	Rushmoor Royals L1 Spring National Qualifier	Aldershot	SE160096	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.10	29.80	489	11/06/23	Salisbury Stingrays Summer Open Meet 2023	Five Rivers LC	SW230381	3
100 Freestyle	1:04.46	1:05.70	473	02/10/22	Salisbury Stingrays Club Championships 2022	Five Rivers LC	SW221563	4
200 Freestyle	2:20.04	2:22.50	488	08/03/20	Poole Regional Qualifier Level 3 Meet 2020	Dorchester	SW200620	3
400 Freestyle	5:33.65	5:37.80	333	14/01/17	Wiltshire Age Group Championships	Swindon	SW170233	3
800 Freestyle	11:26.07	11:34.50	336	27/01/18	Wiltshire Age Group Championships 2018	Marlborough	SW180198	3
50 Breaststroke	38.63	39.40	396	08/03/20	Poole Regional Qualifier Level 3 Meet 2020	Dorchester	SW200620	3
100 Breaststroke	1:29.98	1:31.40	332	26/10/19	Poole Season Starter Level 3 Meet	Dorchester	SW192390	3
200 Breaststroke	3:15.61	3:18.30	325	24/11/19	Salisbury Stingrays Time Trials	Salisbury	SW192879	4
50 Butterfly	32.72	33.30	413	22/01/23	Wiltshire County Age Group & Championships 2023	Swindon	SW230040	2
100 Butterfly	1:15.65	1:16.60	364	28/11/21	November County Qualifier 2021	Millfield	SW210563	3
200 Butterfly	2:51.44	2:53.30	339	23/11/19	Salisbury Stingrays Time Trials	Salisbury	SW192878	4
50 Backstroke	33.36	34.00	433	01/10/22	Salisbury Stingrays Club Championships 2022	Five Rivers LC	SW221562	4
100 Backstroke	1:12.14	1:13.20	440	27/11/22	Taunton Deane November County Qualifier Meet	Millfield	SW221996	3
200 Backstroke	2:40.56	2:42.60	406	30/10/21	City of Bristol Early Bird Meet	Bristol	SW210406	3
200 Individual Medley	2:46.98	2:49.30	388	23/11/19	Salisbury Stingrays Time Trials	Salisbury	SW192878	4
400 Individual Medley	6:47.55	6:51.90	256	06/11/16	Salisbury Stingrays 2016 Club Championships	Salisbury	SW161880	4
100 Individual Medley	1:15.43	1:15.40	420	08/03/20	Poole Regional Qualifier Level 3 Meet 2020	Dorchester	SW200620	3