

Individual Best Times (All Time)

Sophie Hamilton - (1169459) - Winchester City Penguins

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.40	28.70	517	23/03/24	Winchester Spring Qualifier 2024	Winchester	SE240331	1
100 Freestyle	1:05.38	1:04.10	494	15/04/22	Portsmouth Northsea SC Easter Meet 2022	Mountbatten Cen	SE220162	1
200 Freestyle	2:28.03	2:25.70	443	20/04/19	Portsmouth Northsea Easter Meet	Mountbatten SC	SE190069	1
400 Freestyle	5:11.56	5:07.00	431	19/04/19	Portsmouth Northsea Easter Meet	Mountbatten SC	SE190069	1
50 Breaststroke	33.09	32.10	684	29/03/24	Portsmouth Northsea Easter Meet 2024 LC L1 Meet	Portsmouth	SE240108	1
100 Breaststroke	1:13.19	1:11.50	672	07/04/24	Speedo Aquatics GB Swimming Championships 2024	London	BSW026	1
200 Breaststroke	2:49.08	2:45.90	538	24/02/24	Hampshire County Swimming Championships 2024	Mountbatten Cen	SE240345	1
50 Butterfly	33.78	33.20	378	17/12/22	Winchester Winter Sparkler Meet 2022	Winchester	SE222312	3
50 Backstroke	36.19	35.60	408	07/12/19	PN Christmas Last Chance County Qualifier	Portsmouth	SE192815	3
200 Individual Medley	2:45.51	2:43.10	442	07/03/20	Atlantis Regional Chaser 2020 Level 3 Open Meet	Crawley	SE200111	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.68	29.40	511	24/11/23	2023 Wycombe SC L3 County & Regional Qualifier	High Wycombe	SE232322	3
100 Freestyle	1:02.93	1:04.20	509	26/11/23	2023 Wycombe SC L3 County & Regional Qualifier	High Wycombe	SE232322	3
200 Freestyle	2:21.49	2:23.90	473	15/10/22	The Winchester Autumn Qualifier	Winchester	SE221723	2
400 Freestyle	5:07.53	5:12.10	425	12/10/18	Hamble Aquatics SC Club Championships 2018	Waterlooville	SE182348	4
800 Freestyle	10:45.04	10:54.00	405	11/11/18	Solent Network Long Distance Meet	Mountbatten SC	SE182336	3
50 Breaststroke	33.06	34.00	631	16/12/23	Swim England Winter Championships 2023	Sheffield	ENG029	2
100 Breaststroke	1:13.00	1:14.70	623	19/11/23	Guildford City L2 Winter Open Meet 2023	Surrey Sports Park	SE231403	2
200 Breaststroke	2:43.88	2:47.10	553	08/10/23	Winchester City Penguins Winter Autumn Qualifier	Winchester	SE231502	2
50 Butterfly	33.51	34.10	385	19/06/22	Havant & Waterlooville Swim Out of Your Skin Meet	Waterlooville	SE221175	3
100 Butterfly	1:24.59	1:25.50	260	16/02/20	Fareham Nomads Valentines Meet	Waterlooville	SE200262	3
200 Butterfly	3:27.63	3:29.20	191	30/06/19	Hampshire County ASA Development Meet 2019	Waterlooville LC	SE192329	3
50 Backstroke	34.99	35.60	375	17/09/23	Winchester City Penguins Club Champs 2023	Winchester	SE231722	4
100 Backstroke	1:20.69	1:21.70	314	16/02/20	Fareham Nomads Valentines Meet	Waterlooville	SE200262	3
200 Backstroke	2:52.19	2:54.10	329	30/06/19	Hampshire County ASA Development Meet 2019	Waterlooville LC	SE192329	3
200 Individual Medley	2:44.21	2:46.60	408	19/06/22	Havant & Waterlooville Swim Out of Your Skin Meet	Waterlooville	SE221175	3
400 Individual Medley	6:00.24	6:05.10	371	11/10/19	Hamble Aquatics Club Championships 2019	Waterlooville	SE193106	4
100 Individual Medley	1:14.31	1:14.30	439	16/09/23	Winchester City Penguins Club Champs 2023	Winchester	SE231722	4