

Individual Best Times (All Time)

Sophie Brassington - (1191018) - Mount Kelly Swimming

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.82	29.10	496	20/01/22	Devon County ASA Championships & Age Groups 2022	Plymouth	SW220042	1
100 Freestyle	1:03.37	1:02.00	543	05/08/22	Swim Wales Summer Open 2022	Swansea	WL220741	1
200 Freestyle	2:17.81	2:15.30	549	12/03/22	Edinburgh International 2022	Edinburgh	SCO1859	1
400 Freestyle	5:03.84	4:59.20	464	15/06/19	Torfaen Dolphins Long Course Meet 2019	Cardiff	WL191595	3
50 Breaststroke	34.41	33.50	608	23/07/22	British Summer Championships	Sheffield	BSW022	1
100 Breaststroke	1:12.54	1:10.80	690	03/03/24	The National Arena Swim League B Final & Cup Final	Cardiff	WL240497	1
200 Breaststroke	2:31.55	2:28.00	747	03/04/24	Speedo Aquatics GB Swimming Championships 2024	London	BSW026	1
50 Butterfly	34.54	34.00	353	24/05/19	City of Cardiff International Open Meet	Cardiff	WL190057	1
100 Butterfly	1:11.95	1:10.90	458	17/01/22	Devon County ASA Championships & Age Groups 2022	Plymouth	SW220041	1
50 Backstroke	37.21	36.70	376	06/01/19	UOB & Bristol Henleaze New Year Open Meet	Hengrove Park	SW190191	1
100 Backstroke	1:16.68	1:15.60	417	01/08/19	Swim Wales Summer Nationals	Swansea	WL190050	1
200 Backstroke	2:27.21	2:24.90	585	04/08/22	Swim Wales Summer Open 2022	Swansea	WL220741	1
200 Individual Medley	2:24.64	2:21.90	662	26/04/23	SE South West Summer Regional Championships 2023	Plymouth	SW230523	1
400 Individual Medley	5:02.93	4:57.10	676	09/03/24	Chelsea & Westminster & Millfield March Grand Prix	Millfield	SW240471	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.58	30.30	465	04/02/20	Swim Wales South East Regional Championships	Newport	WL200035	2
100 Freestyle	1:01.13	1:02.50	555	21/10/23	CW+Millfield Int'l Meet Part of 23/24 Arena Series	Millfield School	SW231690	2
200 Freestyle	2:10.42	2:13.10	605	23/10/23	CW+Millfield Int'l Meet Part of 23/24 Arena Series	Millfield School	SW231690	2
400 Freestyle	4:48.51	4:53.30	515	05/02/20	Swim Wales South East Regional Championships	Newport	WL200035	2
800 Freestyle	9:43.98	9:53.80	546	31/01/20	Swim Wales South East Regional Championships	Newport	WL200034	2
50 Breaststroke	33.95	34.90	583	06/11/21	SE South West Region SC Winter Championships	Millfield School	SW210937	2
100 Breaststroke	1:10.56	1:12.30	690	05/11/23	SE South West Region SC Winter Championships 2023	Millfield	SW231774	2
200 Breaststroke	2:28.95	2:32.40	737	14/12/23	Ontario Junior International 2023	Toronto, Canada	INT408	2
50 Butterfly	30.98	31.60	487	21/10/23	CW+Millfield Int'l Meet Part of 23/24 Arena Series	Millfield School	SW231690	2
100 Butterfly	1:13.84	1:14.90	392	01/02/20	Swim Wales South East Regional Championships	Newport	WL200034	2
50 Backstroke	32.25	32.90	479	16/10/21	Exeter City - Lindsay Powell Memorial Meet 2021	Plymouth	SW210490	2
100 Backstroke	1:07.33	1:08.50	541	15/10/22	Exeter City - Lyndsay Powell Memorial Meet 2022	Plymouth	SW221443	2
200 Backstroke	2:24.82	2:27.10	553	05/11/22	SWR Short Course Winter	Millfield	SW221964	2
200 Individual Medley	2:20.77	2:23.50	648	22/10/23	CW+Millfield Int'l Meet Part of 23/24 Arena Series	Millfield School	SW231690	2
400 Individual Medley	4:55.80	5:01.70	670	08/12/23	Scottish National Short Course Championships 2023	Edinburgh	SCO2114	2
100 Individual Medley	1:07.54	1:07.50	585	15/10/22	Exeter City - Lyndsay Powell Memorial Meet 2022	Plymouth	SW221443	2