

Individual Best Times (All Time)

Sofie Jones - (1201582) - Ellesmere College Titans SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.30	29.60	473	27/05/18	2018 SENW Summer Championships	Manchester	NW180834	1
100 Freestyle	1:06.47	1:05.20	470	28/05/17	ASA North West Region Summer Championships	Manchester	NW170272	1
200 Freestyle	2:23.99	2:21.60	481	04/02/18	Lancs County WPSA Age Groups & Championships	Manchester	NW180032	1
400 Freestyle	5:08.11	5:03.50	445	27/01/18	Lancs County WPSA Age Groups & Championships	Manchester	NW180031	1
800 Freestyle	10:47.69	10:38.70	419	20/01/18	Lancs County WPSA Age Groups & Championships	Wavertree	NW180030	1
50 Breaststroke	45.39	44.70	265	08/05/16	Manchester Open Meet 2016	Manchester	NW160171	1
50 Butterfly	30.49	29.90	514	27/05/18	2018 SENW Summer Championships	Manchester	NW180834	1
100 Butterfly	1:15.32	1:14.30	399	04/02/18	Lancs County WPSA Age Groups & Championships	Manchester	NW180032	1
50 Backstroke	34.75	34.20	461	26/05/18	2018 SENW Summer Championships	Manchester	NW180834	1
100 Backstroke	1:15.82	1:14.80	432	27/05/18	2018 SENW Summer Championships	Manchester	NW180834	1
200 Backstroke	2:43.76	2:41.70	425	26/05/18	2018 SENW Summer Championships	Manchester	NW180834	1
200 Individual Medley	2:49.03	2:46.70	415	27/01/18	Lancs County WPSA Age Groups & Championships	Manchester	NW180031	1
400 Individual Medley	5:58.47	5:53.50	407	20/01/18	Lancs County WPSA Age Groups & Championships	Wavertree	NW180030	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.59	30.30	465	17/11/18	Stockport Metro November Short Course Open Meet	Stockport	NW182014	2
100 Freestyle	1:04.04	1:05.30	483	18/11/18	Stockport Metro November Short Course Open Meet	Stockport	NW182014	2
200 Freestyle	2:17.72	2:20.20	513	17/11/18	Stockport Metro November Short Course Open Meet	Stockport	NW182014	2
400 Freestyle	5:05.17	5:09.70	435	14/11/17	Southport Club Championships	Southport	NW172454	4
800 Freestyle	10:19.44	10:28.70	457	23/11/17	Southport Club Championships	Southport	NW172457	4
50 Breaststroke	41.24	42.00	325	16/11/17	Southport Club Championships	Southport	NW172455	4
100 Breaststroke	1:37.03	1:38.30	265	22/10/16	Liverpool & District AG Swimming Champs	Liverpool	NW161684	2
200 Breaststroke	3:28.11	3:30.60	270	10/11/16	Southport Club Championships	Southport	NW162270	4
50 Butterfly	31.08	31.70	482	17/11/18	Stockport Metro November Short Course Open Meet	Stockport	NW182014	2
100 Butterfly	1:12.97	1:14.00	406	17/11/18	Stockport Metro November Short Course Open Meet	Stockport	NW182014	2
200 Butterfly	2:57.93	2:59.70	303	16/11/17	Southport Club Championships	Southport	NW172455	4
50 Backstroke	33.20	33.80	439	19/11/17	Wigan BEST Future Stars Open Meet	Wigan	NW171049	2
100 Backstroke	1:13.41	1:14.50	418	21/11/17	Southport Club Championships	Southport	NW172456	4
200 Backstroke	2:38.84	2:40.90	419	18/11/17	Wigan BEST Future Stars Open Meet	Wigan	NW171049	2
200 Individual Medley	2:40.68	2:43.10	436	18/11/18	Stockport Metro November Short Course Open Meet	Stockport	NW182014	2
400 Individual Medley	5:51.01	5:56.00	401	21/11/17	Southport Club Championships	Southport	NW172456	4
100 Individual Medley	1:19.21	1:19.20	363	26/11/16	Wigan BEST Future Stars Open Meet	Wigan	NW161516	2