

Individual Best Times (All Time)

Sophie Andrews - (1280445) - Halstead Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	37.97	37.40	240	04/02/17	Essex Age Group Championships	London	ER170023	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	34.75	35.30	287	01/12/18	Runnymede SC Jingle Bells	Basildon	ER181220	3
100 Freestyle	1:18.92	1:20.00	258	05/10/19	Halstead Club Championships	Halstead	ER191695	4
200 Freestyle	2:44.33	2:46.40	302	14/04/19	HALSTEAD 10TH SHORT COURSE LICENSED MEET	Braintree	ER191303	3
400 Freestyle	5:59.19	6:03.10	267	03/12/21	Halstead SC Annual Club Championships	Halstead	ER211330	4
50 Breaststroke	50.25	50.90	179	12/11/21	Halstead SC Annual Club Championships	Halstead	ER211326	4
100 Breaststroke	1:49.25	1:50.40	185	26/11/21	Halstead SC Annual Club Championships	Halstead	ER211329	4
200 Breaststroke	3:47.23	3:49.60	207	12/11/21	Halstead SC Annual Club Championships	Halstead	ER211326	4
50 Butterfly	44.57	45.00	163	12/11/21	Halstead SC Annual Club Championships	Halstead	ER211326	4
100 Butterfly	1:51.55	1:52.20	113	28/09/19	Halstead Club Championships	Halstead	ER191694	4
200 Butterfly	4:10.03	4:11.30	109	05/10/18	Halstead Club Championships	Halstead	ER181763	4
50 Backstroke	39.94	40.40	252	01/12/18	Runnymede SC Jingle Bells	Basildon	ER181220	3
100 Backstroke	1:26.00	1:26.90	260	14/04/19	HALSTEAD 10TH SHORT COURSE LICENSED MEET	Braintree	ER191303	3
200 Backstroke	2:59.26	3:01.10	292	17/04/22	Colchester SC Last Chance Regional Qualifier	Braintree	ER220509	3
200 Individual Medley	3:16.60	3:18.60	238	26/11/21	Halstead SC Annual Club Championships	Halstead	ER211329	4
100 Individual Medley	1:31.02	1:31.00	239	14/11/21	Halstead SC Annual Club Championships	Halstead	ER211327	4