

Individual Best Times (All Time)

Sophia Gill - (1297149) - North Cornwall Dragons SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
100 Freestyle	1:27.67	1:26.70	205	30/03/19	PL Spring Regional Qualifier L1 & L3 Open 2019	Plymouth	SW190505	1
400 Freestyle	5:18.44	5:14.00	403	11/03/23	PL Early Spring National Qualifier L1 Meet 2023	Plymouth	SW230453	1
50 Breaststroke	51.92	51.30	177	30/03/19	PL Spring Regional Qualifier L1 & L3 Open 2019	Plymouth	SW190505	1
200 Breaststroke	3:47.24	3:44.90	221	30/03/19	PL Spring Regional Qualifier L1 & L3 Open 2019	Plymouth	SW190505	1
50 Butterfly	33.90	33.30	374	09/03/24	Plymouth Leander March L1 National Qualifier 2024	Plymouth	SW240330	1
200 Individual Medley	2:47.49	2:45.10	426	09/03/24	Plymouth Leander March L1 National Qualifier 2024	Plymouth	SW240330	1
400 Individual Medley	6:21.15	6:16.50	339	03/04/22	Plymouth Leander Last Chance Regional Qualifier 22	Plymouth	SW220511	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	33.25	33.90	327	12/06/22	NCD & Newquay LL4 Combined Club Championships 22	Bodmin	SW220542	4
100 Freestyle	1:08.89	1:10.10	388	13/11/22	North Cornwall Dragons & Newquay Open Meet 2022	Bodmin	SW220671	3
200 Freestyle	2:25.52	2:27.90	435	20/11/23	Dawlish Firecracker 2023	Plymouth	SW231525	3
400 Freestyle	5:04.79	5:09.40	437	28/01/24	2024 Cornwall County & Age Groups Championships	Bodmin	SW240149	2
800 Freestyle	10:36.02	10:45.10	422	13/01/24	2024 Cornwall County & Age Groups Championships	Penzance	SW240146	2
50 Breaststroke	48.62	49.30	198	01/02/20	2020 CCASA County Champs and Age Groups Comp	Penzance	SW200443	2
100 Breaststroke	1:35.85	1:37.20	275	12/11/22	North Cornwall Dragons & Newquay Open Meet 2022	Bodmin	SW220671	3
200 Breaststroke	3:11.18	3:13.90	348	27/01/24	2024 Cornwall County & Age Groups Championships	Penzance	SW240148	2
50 Butterfly	32.63	33.20	417	19/11/23	Dawlish Firecracker 2023	Plymouth	SW231524	3
100 Butterfly	1:14.49	1:15.50	382	04/02/24	2024 Cornwall County & Age Groups Championships	Bodmin	SW240151	2
200 Butterfly	2:53.16	2:55.00	329	03/02/24	2024 Cornwall County & Age Groups Championships	Penzance	SW240150	2
50 Backstroke	42.21	42.70	214	08/12/19	Plymouth Leander Christmas L3 Short Course Open	Plymouth	SW190502	3
100 Backstroke	1:48.93	1:49.70	127	05/11/17	North Cornwall Dragons Open Meet	Bodmin	SW172172	3
200 Individual Medley	2:41.23	2:43.70	431	03/02/24	2024 Cornwall County & Age Groups Championships	Penzance	SW240150	2
400 Individual Medley	5:43.30	5:48.40	429	04/02/24	2024 Cornwall County & Age Groups Championships	Bodmin	SW240151	2
100 Individual Medley	1:15.43	1:15.40	420	19/11/23	Dawlish Firecracker 2023	Plymouth	SW231524	3