

Individual Best Times (All Time)

Sophie Whittles - (1317947) - City of Salford SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.15	28.40	531	11/02/24	Lancashire County Championships 2024	Manchester	NW240297	1
100 Freestyle	1:03.48	1:02.10	540	28/01/24	Lancashire County Championships 2024	Manchester	NW240296	1
200 Freestyle	2:22.98	2:20.50	491	10/02/24	Lancashire County Championships 2024	Manchester	NW240297	1
50 Breaststroke	39.54	38.70	401	11/02/23	Lancashire County Age Groups & Championships 2023	Liverpool	NW230073	1
100 Breaststroke	1:26.43	1:25.00	408	05/02/23	Lancashire County Age Groups & Championships 2023	Liverpool	NW230072	1
50 Butterfly	32.40	31.80	428	11/05/24	ARENA Manchester Open Meet 2024	Manchester	NW240840	1
100 Butterfly	1:10.39	1:09.30	489	27/01/24	Lancashire County Championships 2024	Manchester	NW240296	1
50 Backstroke	35.28	34.70	441	04/02/23	Lancashire County Age Groups & Championships 2023	Liverpool	NW230072	1
100 Backstroke	1:14.08	1:13.00	463	11/02/24	Lancashire County Championships 2024	Manchester	NW240297	1
200 Individual Medley	2:35.43	2:32.90	534	28/01/24	Lancashire County Championships 2024	Manchester	NW240296	1
400 Individual Medley	5:35.81	5:30.50	496	10/02/24	Lancashire County Championships 2024	Manchester	NW240297	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.99	29.70	494	03/03/24	City of Salford Spring Meet 2024	Salford	NW240303	3
100 Freestyle	1:02.75	1:04.10	513	02/03/24	City of Salford Spring Meet 2024	Salford	NW240303	3
200 Freestyle	2:22.74	2:25.20	461	19/03/23	City of Salford SC Spring Meet 2023	Broughton	NW230207	3
50 Breaststroke	39.02	39.80	384	15/07/23	City of Salford Summer Spectacular Meet 2023	Broughton	NW230231	3
100 Breaststroke	1:24.13	1:25.60	407	29/10/23	Co Salford Potential Olympian Halloween Meet 2023	Broughton	NW231631	3
50 Butterfly	32.34	32.90	428	03/03/24	City of Salford Spring Meet 2024	Salford	NW240303	3
100 Butterfly	1:11.40	1:12.50	433	28/10/23	Co Salford Potential Olympian Halloween Meet 2023	Broughton	NW231631	3
50 Backstroke	34.59	35.20	388	28/10/23	Co Salford Potential Olympian Halloween Meet 2023	Broughton	NW231631	3
100 Backstroke	1:13.01	1:14.10	424	29/10/23	Co Salford Potential Olympian Halloween Meet 2023	Broughton	NW231631	3
200 Individual Medley	2:34.00	2:36.50	495	02/03/24	City of Salford Spring Meet 2024	Salford	NW240303	3
400 Individual Medley	5:35.83	5:41.00	458	16/07/23	City of Salford Summer Spectacular Meet 2023	Broughton	NW230231	3
100 Individual Medley	1:24.69	1:24.70	297	29/02/20	Greater Manchester Age Group Meet 2020	Wigan	NW200026	3