

Individual Best Times (All Time)

Sofia Stephenson - (1479219) - City of Sunderland ASC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.26	28.50	525	18/02/24	Northumberland & Durham SA County Championships 24	Sunderland	NE240248	1
100 Freestyle	1:03.21	1:01.90	547	03/02/24	Northumberland & Durham SA County Championships 24	Sunderland	NE240247	1
200 Freestyle	2:14.79	2:12.20	586	13/04/24	City of Sunderland National Qualifier 2024	Sunderland	NE240694	1
400 Freestyle	4:46.15	4:41.20	556	11/05/24	SE North East Regional Age Group Championships	Leeds	NE240252	1
800 Freestyle	10:02.95	9:53.30	519	12/04/24	City of Sunderland National Qualifier 2024	Sunderland	NE240694	1
1500 Freestyle	19:52.67	19:35.20	459	24/03/23	City of Sheffield SS Premier Open Meet 2023	Sheffield	NE230254	1
50 Breaststroke	41.46	40.70	347	01/04/23	City of Sunderland National Qualifier Meet 2023	Sunderland	NE230413	1
50 Butterfly	31.89	31.30	449	12/05/24	SE North East Regional Age Group Championships	Leeds	NE240252	1
100 Butterfly	1:19.72	1:18.80	337	28/01/23	City of Sunderland SC New Year Meet 2023	Sunderland	NE230134	1
50 Backstroke	33.58	33.00	511	11/05/24	SE North East Regional Age Group Championships	Leeds	NE240252	1
100 Backstroke	1:12.40	1:11.30	496	14/04/24	City of Sunderland National Qualifier 2024	Sunderland	NE240694	1
200 Backstroke	2:34.59	2:32.40	505	12/05/24	SE North East Regional Age Group Championships	Leeds	NE240252	1
200 Individual Medley	2:41.59	2:39.10	475	20/01/24	City of Sunderland ASC New Year Meet 2024	Sunderland	NE240152	1
400 Individual Medley	5:51.29	5:46.20	433	21/04/23	SE NE Region Age Group Championships (50m) 2023	Sunderland	NE230131	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.40	30.10	474	09/12/23	York City BC Winter Swim Extravaganza 2023	Leeds	NE231704	3
100 Freestyle	1:02.79	1:04.10	512	11/06/24	City of Sunderland ASC Club Champs 2024	Sunderland	NE241355	4
200 Freestyle	2:16.29	2:18.80	530	26/05/24	South Tyneside 2024 Spring Meet	South Shields	NE240614	3
400 Freestyle	4:37.37	4:42.40	579	26/05/24	South Tyneside 2024 Spring Meet	South Shields	NE240614	3
800 Freestyle	10:15.56	10:24.90	466	04/11/23	NE Regional Age Group Championships (25m) 2023	Sheffield	NE231347	2
1500 Freestyle	19:48.73	20:06.00	446	22/01/23	Billingham ASC Long Distance Meet 2023	Billingham	NE230190	3
50 Breaststroke	41.44	42.20	320	16/10/22	BOSSS Winter Swimming Meet 2022	Billingham Forum	NE221873	2
100 Breaststroke	1:27.96	1:29.40	356	11/06/24	City of Sunderland ASC Club Champs 2024	Sunderland	NE241355	4
200 Breaststroke	3:32.65	3:35.10	253	07/11/21	SE North East Region Age Group Championships 2021	Sheffield	NE211464	2
50 Butterfly	32.10	32.70	438	25/05/24	South Tyneside 2024 Spring Meet	South Shields	NE240614	3
100 Butterfly	1:15.27	1:16.30	370	11/06/24	City of Sunderland ASC Club Champs 2024	Sunderland	NE241355	4
200 Butterfly	3:08.34	3:10.00	256	27/05/23	South Tyneside SC Spring Meet 2023	South Shields	NE230186	3
50 Backstroke	32.56	33.20	466	26/05/24	South Tyneside 2024 Spring Meet	South Shields	NE240614	3
100 Backstroke	1:10.82	1:11.90	465	10/12/23	York City BC Winter Swim Extravaganza 2023	Leeds	NE231704	3
200 Backstroke	2:33.97	2:36.10	460	16/07/23	Gateshead & Whickham ASC Summer Meet 2023	Gateshead	NE231253	3
200 Individual Medley	2:34.23	2:36.80	493	25/05/24	South Tyneside 2024 Spring Meet	South Shields	NE240614	3
400 Individual Medley	5:39.19	5:44.30	444	15/10/23	Bo Stockton Winter Swim Festival 2023	Billingham	NE231966	2
100 Individual Medley	1:16.21	1:16.20	407	14/10/23	Bo Stockton Winter Swim Festival 2023	Billingham	NE231966	2