

Individual Best Times (All Time)

Sophie Heng - (1490493) - Sutton & Cheam SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
100 Breaststroke	1:45.75	1:44.50	223	17/06/23	Wandsworth SC Summer Open Meet 2023	Crawley	LR230513	3
50 Backstroke	42.18	41.70	258	17/06/23	Wandsworth SC Summer Open Meet 2023	Crawley	LR230513	3
200 Backstroke	3:13.72	3:12.00	256	17/06/23	Wandsworth SC Summer Open Meet 2023	Crawley	LR230513	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	35.58	36.20	267	23/06/24	Sutton & Cheam Summertime Splash 2024	Carshalton, Surrey	LR241283	3
100 Freestyle	1:21.15	1:22.20	237	25/11/23	London Borough of Sutton Annual Swim Champs 2023	Carshalton	LR232228	4
200 Freestyle	2:54.40	2:56.40	253	26/11/23	London Borough of Sutton Annual Swim Champs 2023	Carshalton	LR232228	4
50 Breaststroke	45.70	46.40	239	22/06/24	Sutton & Cheam Summertime Splash 2024	Carshalton, Surrey	LR241283	3
100 Breaststroke	1:40.22	1:41.50	240	21/10/23	Sutton & Cheam and S Croydon Club Champs 2023	Carshalton	LR231948	4
200 Breaststroke	3:36.80	3:39.20	239	22/06/24	Sutton & Cheam Summertime Splash 2024	Carshalton, Surrey	LR241283	3
50 Butterfly	39.42	39.90	236	26/11/23	London Borough of Sutton Annual Swim Champs 2023	Carshalton	LR232228	4
50 Backstroke	40.74	41.20	238	17/12/23	Sutton & Cheam Stana's Splash & Dash 2023	Carshalton	LR232241	4
100 Backstroke	1:26.06	1:27.00	259	22/10/23	Sutton & Cheam and S Croydon Club Champs 2023	Carshalton	LR231948	4
200 Backstroke	3:02.52	3:04.30	276	25/11/23	London Borough of Sutton Annual Swim Champs 2023	Carshalton	LR232228	4
200 Individual Medley	3:13.17	3:15.20	251	17/03/24	Cranleigh ASC Mavis Godfrey Spring Open Meet 2024	Cranleigh	SE240282	3
100 Individual Medley	1:28.63	1:28.60	259	25/11/23	London Borough of Sutton Annual Swim Champs 2023	Carshalton	LR232228	4