

# Individual Best Times (All Time)

Sophia Motley - (1581797) - Bristol Penguin Olympic SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.47	30.80	422	13/01/24	Gloucester County ASA Swimming Championships 2024	Bristol	SW240061	1
100 Freestyle	1:06.24	1:05.00	475	28/04/24	SE SWR Summer Championships 2024	Millfield	SW240587	1
200 Freestyle	2:20.13	2:17.60	522	13/04/24	Cardiff International Open Meet 2024	Cardiff	WL240160	1
400 Freestyle	4:56.04	4:51.30	502	11/05/24	Team Bath AS & Millfield L1 Last Chance Meet 2024	Millfield	SW240605	1
800 Freestyle	10:04.59	9:55.00	515	13/04/24	Cardiff International Open Meet 2024	Cardiff	WL240160	1
1500 Freestyle	19:54.08	19:36.70	458	14/04/24	Cardiff International Open Meet 2024	Cardiff	WL240160	1
50 Breaststroke	40.00	39.20	387	20/04/24	SE SWR Summer Championships 2024	Bristol	SW240586	1
100 Breaststroke	1:26.61	1:25.10	405	27/04/24	SE SWR Summer Championships 2024	Millfield	SW240587	1
200 Breaststroke	3:05.22	3:02.30	409	28/04/24	SE SWR Summer Championships 2024	Millfield	SW240587	1
50 Butterfly	33.30	32.70	394	27/04/24	SE SWR Summer Championships 2024	Millfield	SW240587	1
100 Butterfly	1:16.97	1:16.00	374	14/01/24	Gloucester County ASA Swimming Championships 2024	Bristol	SW240061	1
200 Butterfly	2:53.56	2:51.70	345	20/04/24	SE SWR Summer Championships 2024	Bristol	SW240586	1
50 Backstroke	39.01	38.50	326	02/04/23	City Of Bristol L1 International Open Meet 2023	Hengrove Park	SW230329	1
100 Backstroke	1:21.29	1:20.30	350	14/01/24	Gloucester County ASA Swimming Championships 2024	Bristol	SW240061	1
200 Backstroke	2:46.96	2:44.90	401	17/01/24	Gloucester County ASA Swimming Championships 2024	Bristol	SW240063	1
200 Individual Medley	2:43.51	2:41.10	458	20/04/24	SE SWR Summer Championships 2024	Bristol	SW240586	1
400 Individual Medley	5:45.14	5:40.00	457	27/04/24	SE SWR Summer Championships 2024	Millfield	SW240587	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.35	31.00	431	08/06/24	Bristol Penguins & Keynsham Summer Champs 2024	Bristol	SW241032	3
100 Freestyle	1:06.47	1:07.70	432	09/06/24	Bristol Penguins & Keynsham Summer Champs 2024	Bristol	SW241032	3
200 Freestyle	2:21.61	2:24.00	472	09/06/24	Bristol Penguins & Keynsham Summer Champs 2024	Bristol	SW241032	3
400 Freestyle	4:46.49	4:51.30	526	08/06/24	Bristol Penguins & Keynsham Summer Champs 2024	Bristol	SW241032	3
800 Freestyle	10:20.00	10:29.30	456	15/12/23	City of Bristol L3 Christmas Cracker 2023	Hengrove Park	SW231965	3
50 Breaststroke	39.21	40.00	378	08/06/24	Bristol Penguins & Keynsham Summer Champs 2024	Bristol	SW241032	3
100 Breaststroke	1:24.71	1:26.20	398	08/06/24	Bristol Penguins & Keynsham Summer Champs 2024	Bristol	SW241032	3
200 Breaststroke	2:58.11	3:01.10	431	09/06/24	Bristol Penguins & Keynsham Summer Champs 2024	Bristol	SW241032	3
50 Butterfly	33.08	33.60	400	09/06/24	Bristol Penguins & Keynsham Summer Champs 2024	Bristol	SW241032	3
100 Butterfly	1:16.10	1:17.10	358	17/12/23	City of Bristol L3 Christmas Cracker 2023	Hengrove Park	SW231965	3
200 Butterfly	2:49.43	2:51.30	351	30/03/24	Soundwell SC Regional Qualifier	Weston-Super-Mare	SW240364	3
50 Backstroke	35.88	36.40	348	09/06/24	Bristol Penguins & Keynsham Summer Champs 2024	Bristol	SW241032	3
100 Backstroke	1:16.67	1:17.70	366	09/06/24	Bristol Penguins & Keynsham Summer Champs 2024	Bristol	SW241032	3
200 Backstroke	2:51.04	2:53.00	336	08/06/24	Bristol Penguins & Keynsham Summer Champs 2024	Bristol	SW241032	3
200 Individual Medley	2:40.23	2:42.70	439	08/06/24	Bristol Penguins & Keynsham Summer Champs 2024	Bristol	SW241032	3
400 Individual Medley	5:40.32	5:45.40	440	10/06/23	Keynsham & Bristol Penguins Summer Championships	Bristol	SW231068	4
100 Individual Medley	1:15.64	1:15.60	416	08/06/24	Bristol Penguins & Keynsham Summer Champs 2024	Bristol	SW241032	3