

Individual Best Times (All Time)

Sophie Hayward - (1594774) - Cirencester SC

Long Course

| Stroke | LC Time | Converted to SC | LC WA Pts | Date | Meet | Venue | Licence | Level |
|----------------|---------|-----------------|-----------|----------|--|-----------|----------|-------|
| 50 Freestyle | 32.13 | 31.50 | 396 | 12/05/24 | Team Bath AS & Millfield L1 Last Chance Meet 2024 | Millfield | SW240605 | 1 |
| 100 Freestyle | 1:12.37 | 1:11.20 | 364 | 15/01/24 | Gloucester County ASA Swimming Championships 2024 | Bristol | SW240062 | 1 |
| 200 Freestyle | 2:37.78 | 2:35.60 | 365 | 12/05/24 | Team Bath AS & Millfield L1 Last Chance Meet 2024 | Millfield | SW240605 | 1 |
| 400 Freestyle | 5:33.95 | 5:29.70 | 350 | 16/01/24 | Gloucester County ASA Swimming Championships 2024 | Bristol | SW240062 | 1 |
| 50 Butterfly | 34.73 | 34.20 | 348 | 27/04/24 | SE SWR Summer Championships 2024 | Millfield | SW240587 | 1 |
| 100 Butterfly | 1:29.44 | 1:28.60 | 238 | 14/01/24 | Gloucester County ASA Swimming Championships 2024 | Bristol | SW240061 | 1 |
| 50 Backstroke | 41.86 | 41.40 | 264 | 17/01/23 | Gloucestershire County Swimming Championships 2023 | Bristol | SW230117 | 1 |
| 100 Backstroke | 1:30.61 | 1:29.70 | 253 | 14/01/24 | Gloucester County ASA Swimming Championships 2024 | Bristol | SW240061 | 1 |

Short Course

| Stroke | SC Time | Converted to LC | SC WA Pts | Date | Meet | Venue | License | Level |
|-----------------------|----------|-----------------|-----------|----------|--|-------------|----------|-------|
| 50 Freestyle | 32.31 | 33.00 | 357 | 24/09/23 | Gloucester City SC Autumn Level 3 Sprint Meet 2023 | Gloucester | SW231616 | 3 |
| 100 Freestyle | 1:08.68 | 1:09.90 | 391 | 17/03/24 | Gloucester City SC Spring L3 Open Meet | Gloucester | SW240365 | 3 |
| 200 Freestyle | 2:29.65 | 2:32.00 | 400 | 09/06/24 | Cirencester Club Championships 2024 | Cirencester | SW240832 | 4 |
| 400 Freestyle | 5:27.13 | 5:31.40 | 353 | 12/06/24 | Cirencester Club Championships 2024 | Cirencester | SW240834 | 4 |
| 800 Freestyle | 11:12.67 | 11:21.20 | 357 | 10/06/24 | Cirencester Club Championships 2024 | Cirencester | SW240833 | 4 |
| 50 Breaststroke | 46.63 | 47.30 | 225 | 17/06/23 | Cirencester 2023 Club Championships | Ciren | SW230807 | 4 |
| 100 Breaststroke | 1:39.23 | 1:40.50 | 248 | 08/06/24 | Cirencester Club Championships 2024 | Cirencester | SW240832 | 4 |
| 200 Breaststroke | 3:44.40 | 3:46.70 | 215 | 19/06/23 | Cirencester 2023 Club Championships | Ciren | SW230808 | 4 |
| 50 Butterfly | 34.50 | 35.00 | 352 | 16/03/24 | Gloucester City SC Spring L3 Open Meet | Gloucester | SW240365 | 3 |
| 100 Butterfly | 1:19.67 | 1:20.60 | 312 | 11/06/24 | Cirencester Club Championships 2024 | Cirencester | SW240834 | 4 |
| 200 Butterfly | 3:15.67 | 3:17.30 | 228 | 09/06/24 | Cirencester Club Championships 2024 | Cirencester | SW240832 | 4 |
| 50 Backstroke | 38.96 | 39.50 | 272 | 16/03/24 | Gloucester City SC Spring L3 Open Meet | Gloucester | SW240365 | 3 |
| 100 Backstroke | 1:21.19 | 1:22.20 | 309 | 09/06/24 | Cirencester Club Championships 2024 | Cirencester | SW240832 | 4 |
| 200 Backstroke | 2:55.97 | 2:57.90 | 308 | 08/06/24 | Cirencester Club Championships 2024 | Cirencester | SW240832 | 4 |
| 200 Individual Medley | 3:00.05 | 3:02.20 | 310 | 12/06/24 | Cirencester Club Championships 2024 | Cirencester | SW240834 | 4 |
| 100 Individual Medley | 1:25.63 | 1:25.60 | 287 | 17/06/23 | Cirencester 2023 Club Championships | Ciren | SW230807 | 4 |