

Individual Best Times (All Time)

Sophy Croydon-Kempster - (349825) - Crawley SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.86	27.10	608	28/09/19	Lis Hartley Long Course Open Meet	K2 LC	SE190314	3
100 Freestyle	1:01.99	1:00.60	580	08/02/20	Sussex County ASA Champs and Age Group Comp	Crawley	SE200449	1
200 Freestyle	2:17.13	2:14.60	557	15/06/19	Crawley Summer Splash Long Course Meet	Crawley	SE190068	3
50 Breaststroke	34.47	33.50	605	07/05/18	Swim England South East Championships 2018	Wycombe	SE181206	1
100 Breaststroke	1:18.63	1:17.00	542	11/02/18	Sussex County Championships & Age Group Comp	Crawley	SE180607	1
200 Breaststroke	2:55.40	2:52.40	482	17/03/19	Atlantis Regional Chaser 2019	Crawley	SE190154	3
50 Butterfly	29.40	28.70	573	22/02/20	Sussex County ASA Champs and Age Group Comp	Crawley	SE200450	1
100 Butterfly	1:27.45	1:26.60	255	06/10/13	Lis Hartley LC Opportunity Meet	Crawley	SE3139	3
200 Individual Medley	2:45.36	2:43.00	443	07/04/18	Crawley Spring Open	Crawley	SE180013	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.11	27.90	605	17/11/19	Guildford City Winter Open Meet	Surrey Sports Park	SE191744	2
100 Freestyle	59.58	1:01.00	599	28/06/19	Crawley SC Club Championships 2019	K2 Crawley	SE192304	4
200 Freestyle	2:15.74	2:18.30	536	05/07/15	Sussex Development Gala	Eastbourne	SE151264	3
400 Freestyle	5:22.69	5:27.00	368	28/06/12	Mid Sussex Marlins 2012 Squad Champs	Sussex	SE2520	4
50 Breaststroke	34.23	35.10	569	25/11/18	Atlantis Christmas Cracker 2018	Horsham	SE180992	3
100 Breaststroke	1:16.22	1:17.90	547	22/06/18	Crawley SC Club Championships 2018 - Day 1	Crawley	SE181643	4
200 Breaststroke	2:57.03	3:00.00	439	10/02/13	Atlantis SC 2013 Regional National Chaser	Horsham	SE3071	2
50 Butterfly	29.89	30.50	542	19/10/19	Sussex County ASA Winter Short Course Competition	Crawley	SE192761	2
100 Butterfly	1:11.02	1:12.10	440	21/06/15	Sussex Development Gala	Eastbourne	SE151263	3
50 Backstroke	34.22	34.80	401	18/10/12	Mid Sussex Marlins Squad Championships	Burgess Hill	SE2842	4
100 Backstroke	1:11.44	1:12.60	453	28/06/19	Crawley SC Club Championships 2019	K2 Crawley	SE192304	4
200 Backstroke	2:37.54	2:39.60	430	05/07/15	Sussex Development Gala	Eastbourne	SE151264	3
200 Individual Medley	2:37.06	2:39.60	467	17/03/13	Sussex County Championship	Crawley	CC3046	2
400 Individual Medley	5:44.59	5:49.70	424	25/11/12	Atlantis Christmas Cracker Open Meet	Horsham	SE2529	3
100 Individual Medley	1:06.20	1:06.20	622	20/10/19	Sussex County ASA Winter Short Course Competition	Crawley	SE192761	2