

Individual Best Times (All Time)

Sophie Lewis Ward - (447205) - Edinburgh University

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.07	26.30	663	28/06/19	Scottish National Open Championships	Aberdeen	SCO1689	1
100 Freestyle	57.20	55.70	738	15/03/20	Edinburgh International	Edinburgh	SCO1813	1
200 Freestyle	2:05.45	2:02.70	727	25/03/17	Guildford City Springboard Level 1 Open Meet	Surrey	SE170124	1
400 Freestyle	4:27.93	4:22.60	678	03/03/18	Edinburgh International Inc British Championships	Edinburgh	SCO1430	1
800 Freestyle	9:23.76	9:13.40	635	16/02/18	BUCS Long Course Swimming Championships	Sheffield	NE180246	1
50 Breaststroke	41.23	40.50	353	07/07/12	London Swimming Sprint Meet	London	LR2349	3
100 Breaststroke	1:37.74	1:36.40	282	02/10/11	Crawley SC Long Course Opportunity Meet	Crawley	SE1507	3
50 Butterfly	32.15	31.60	438	12/05/13	Beckenham SC International Open Meet	Crystal Palace	LR3301	1
100 Butterfly	1:16.24	1:15.20	385	12/05/12	Beckenham International Open Meet	London	LR2276	1
200 Butterfly	3:05.01	3:03.30	285	02/10/11	Crawley SC Long Course Opportunity Meet	Crawley	SE1507	3
50 Backstroke	32.37	31.70	571	18/03/16	Seraing Swimming Grand Prix 2016	Belgium	GBR305	1
100 Backstroke	1:08.64	1:07.50	582	31/07/16	British Summer Championships	Sheffield	ASA148	1
200 Backstroke	2:24.37	2:22.00	620	29/06/14	ESSA SW Division National Inter Divisional	Bristol	SW4311	1
200 Individual Medley	2:28.99	2:26.30	606	11/05/14	Beckenham International Open Meet	London	LR4343	1
400 Individual Medley	5:17.01	5:11.40	589	28/06/15	ESSA Inter-Divisional Championships	Sunderland	NE151127	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.50	27.30	647	14/12/19	Scottish National Short Course Championships	Edinburgh	SCO1762	2
100 Freestyle	56.46	57.90	704	13/12/19	Scottish National Short Course Championships	Edinburgh	SCO1762	2
200 Freestyle	2:01.60	2:04.40	746	15/12/19	Scottish National Short Course Championships	Edinburgh	SCO1762	2
400 Freestyle	4:23.22	4:28.50	678	17/11/19	BUCS Short Course Swimming Championships 2019	Sheffield	NE193130	2
800 Freestyle	9:06.02	9:16.50	668	09/10/16	Rushmoor Royals Autumn Distance Meet 2016	Aldershot	SE161436	2
50 Breaststroke	40.11	40.90	353	23/09/13	Beckenham SC Club Championships	Beckenham	LR3780	4
100 Breaststroke	1:25.11	1:26.60	393	16/11/15	Beckenham Club Championships	Beckenham	LR151574	4
200 Breaststroke	3:02.02	3:04.90	404	14/10/13	Beckenham SC Club Championships	Beckenham	LR3780	4
50 Butterfly	31.81	32.40	450	01/03/14	BG Kent ASA Swimming Championships	Gillingham	CC4062	2
100 Butterfly	1:13.69	1:14.70	394	04/11/13	Beckenham SC Club Championships	Beckenham	LR3780	4
200 Butterfly	2:44.94	2:46.80	381	23/02/13	Kent County Championships	Gillingham	CC3051	2
50 Backstroke	30.52	31.20	566	16/11/19	BUCS Short Course Swimming Championships 2019	Sheffield	NE193130	2
100 Backstroke	1:05.27	1:06.50	594	22/02/15	2015 Kent County Swimming Championships	Gillingham	CC150171	2
200 Backstroke	2:19.29	2:21.70	622	07/03/15	2015 Kent County Swimming Championships	Gillingham	CC150173	2
200 Individual Medley	2:24.52	2:27.20	599	24/06/17	Bexley Short Course Open	Bexleyheath	LR170771	2
400 Individual Medley	5:08.31	5:14.00	592	22/02/14	BG Kent ASA Swimming Championships	Gillingham	CC4061	2
100 Individual Medley	1:09.21	1:09.20	544	02/03/14	BG Kent ASA Swimming Championships	Gillingham	CC4062	2