

# Individual Best Times (All Time)

Sophie Gandy - (506531) - Boldon C.A. Swim Club

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	37.43	36.90	250	17/11/18	Glyn Mettam Memorial 'B' Grade Open Meet	Sheffield	NE180825	3
100 Freestyle	1:19.46	1:18.40	275	18/11/17	Glyn Mettam Memorial B Grade Open Meet	Sheffield	NE170901	3
50 Breaststroke	48.18	47.50	221	17/11/18	Glyn Mettam Memorial 'B' Grade Open Meet	Sheffield	NE180825	3
100 Breaststroke	1:45.81	1:44.60	222	18/11/17	Glyn Mettam Memorial B Grade Open Meet	Sheffield	NE170901	3
50 Backstroke	42.31	41.80	255	17/11/18	Glyn Mettam Memorial 'B' Grade Open Meet	Sheffield	NE180825	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	34.89	35.50	283	18/02/18	Durham City Valentines Gala	Durham	NE180142	3
100 Freestyle	1:18.03	1:19.10	267	27/04/19	South Tyneside Spring Meet 2019	South Shields	NE191608	3
50 Breaststroke	46.82	47.50	222	18/02/18	Durham City Valentines Gala	Durham	NE180142	3
100 Breaststroke	1:38.30	1:39.60	255	16/02/19	Durham City Valentines Gala	Durham	NE190294	3
50 Backstroke	40.84	41.30	236	28/04/19	South Tyneside Spring Meet 2019	South Shields	NE191608	3
100 Backstroke	1:30.50	1:31.40	223	02/12/18	Blyth Xmas Cracker 2018	Blyth	NE182456	3