

Individual Best Times (All Time)

Sophia Ground - (828309) - Brompton SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.58	26.80	627	09/02/20	The 2020 Middlesex County Championships	London	LR200152	1
100 Freestyle	1:00.48	59.10	625	06/05/19	London 2019 Long Course Summer Championships	London Aquatics Cnt	LR191253	1
200 Freestyle	2:23.21	2:20.80	489	07/10/17	Lincoln Vulcans Long Course Open Meet	Sheffield	EM171188	1
50 Breaststroke	54.62	54.00	152	13/04/13	The Bracknell Spring Level 3 Open Meet	Aldershot	SE3131	3
100 Breaststroke	2:02.06	2:01.00	145	20/10/12	Wycombe District SC Annual BC Meet	Wycombe	SE2513	3
200 Breaststroke	4:13.22	4:11.10	160	13/04/13	The Bracknell Spring Level 3 Open Meet	Aldershot	SE3131	3
50 Butterfly	30.22	29.60	528	15/02/20	The 2020 Middlesex County Championships	London	LR200153	1
50 Backstroke	32.03	31.40	589	16/02/20	The 2020 Middlesex County Championships	London	LR200153	1
100 Backstroke	1:12.38	1:11.30	496	16/02/19	Team Bath Grand Prix Level 1 Meet	Hengrove LC	SW190381	1
200 Backstroke	3:26.51	3:24.90	212	13/04/13	The Bracknell Spring Level 3 Open Meet	Aldershot	SE3131	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.96	27.70	615	02/11/19	2019 London Region Winter Championships	London	LR192817	2
100 Freestyle	59.99	1:01.40	587	16/12/18	Hillingdon Winter Meet 2018	Uxbridge	LR182147	3
200 Freestyle	2:15.88	2:18.40	535	02/11/19	2019 London Region Winter Championships	London	LR192817	2
50 Breaststroke	37.17	38.00	444	03/11/19	2019 London Region Winter Championships	London	LR192817	2
100 Breaststroke	1:36.05	1:37.40	273	09/07/16	Black Swan Summer Open Meet	Walton on Thames	SE161058	3
200 Breaststroke	3:22.82	3:25.40	292	25/06/17	Brompton Summer Club Champs	London	LR171468	4
50 Butterfly	29.70	30.30	553	03/11/19	2019 London Region Winter Championships	London	LR192817	2
100 Butterfly	1:11.34	1:12.40	434	16/06/19	Brompton Summer Club Championship Meet	Virgin Active Fulham	LR191974	4
50 Backstroke	31.56	32.20	512	02/11/19	2019 London Region Winter Championships	London	LR192817	2
100 Backstroke	1:07.77	1:08.90	531	03/11/19	2019 London Region Winter Championships	London	LR192817	2
200 Backstroke	2:32.27	2:34.40	476	17/11/19	Brompton Winter Club Championship Meet	Fulham Pools	LR193129	4
200 Individual Medley	2:37.53	2:40.00	462	17/11/19	Brompton Winter Club Championship Meet	Fulham Pools	LR193129	4
100 Individual Medley	1:10.59	1:10.60	513	01/12/19	ESC Xmas County Qualifier	Northolt LC	LR192057	3