

Individual Best Times (All Time)

Sophie Newberry - (834682) - Hamilton Baths ASC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.30	30.60	429	03/06/16	East Kilbride Long Course Open Age Group Meet	East Kilbride	SCO1139	2
100 Freestyle	1:06.70	1:05.40	465	08/05/16	2016 Best in the West Open Meet	Glasgow	SCO1127	1
200 Freestyle	2:31.79	2:29.50	410	07/06/15	East Kilbride Long Course Open Age Group Meet	East Kilbride	SCO991	2
50 Breaststroke	41.58	40.80	344	04/04/15	Scottish National Age Group Championships	Aberdeen	SCO959	1
100 Breaststroke	1:29.33	1:27.90	369	05/04/15	Scottish National Age Group Championships	Aberdeen	SCO959	1
200 Breaststroke	3:15.23	3:12.50	349	06/06/15	East Kilbride Long Course Open Age Group Meet	East Kilbride	SCO991	2
50 Butterfly	32.50	31.90	424	03/04/16	Scottish National Age Group Championships	Glasgow	SCO1106	1
100 Butterfly	1:13.78	1:12.70	425	07/05/16	2016 Best in the West Open Meet	Glasgow	SCO1127	1
200 Butterfly	3:01.70	2:59.90	301	10/05/15	SASA West District Championships	East Kilbride	SCO975	1
50 Backstroke	32.95	32.30	541	01/04/17	Scottish National Age Group Championships	Aberdeen	SCO1270	1
100 Backstroke	1:10.74	1:09.60	532	29/03/18	Scottish National Age Group Championships	Tollcross	SCO1441	1
200 Backstroke	2:29.73	2:27.50	556	08/07/17	Scottish Summer Meet	Edinburgh	SCO1321	1
200 Individual Medley	2:43.18	2:40.70	461	31/03/16	Scottish National Age Group Championships	Glasgow	SCO1106	1
400 Individual Medley	5:58.94	5:54.00	406	06/06/15	East Kilbride Long Course Open Age Group Meet	East Kilbride	SCO991	2

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.33	31.00	432	14/06/15	Open Age Group and Senior Meet 2015	Glasgow	SCO1002	2
100 Freestyle	1:06.33	1:07.60	434	07/11/15	Ren 96 Open Meet	Linwood	SCO1049	2
200 Freestyle	2:22.98	2:25.40	459	29/05/16	Rutherglen Rascals Graded Meet	Bellshill	SCO1136	2
400 Freestyle	5:02.20	5:06.80	448	05/11/16	Ren 96 Open Meet	Linwood	SCO1212	2
50 Breaststroke	39.30	40.10	376	14/06/15	Open Age Group and Senior Meet 2015	Glasgow	SCO1002	2
100 Breaststroke	1:27.01	1:28.40	368	19/12/15	Cumbernauld Christmas Sprints 2015	Cumbernauld	SCO1064	3
200 Breaststroke	3:07.42	3:10.20	370	31/05/15	Rascals Graded Meet 2015	Bellshill	SCO983	2
50 Butterfly	31.75	32.30	452	11/02/17	Bellshill Sharks Open Meet 2017	Glasgow	SCO1241	2
100 Butterfly	1:12.85	1:13.90	408	26/11/16	Dumfries Advent Open 2016	Dumfries	SCO1208	2
200 Butterfly	2:54.76	2:56.60	320	30/05/15	Rascals Graded Meet 2015	Bellshill	SCO983	2
50 Backstroke	31.72	32.30	504	07/12/18	Scottish National Short Course Open Swimming	Edinburgh	SCO1566	2
100 Backstroke	1:09.00	1:10.20	503	12/02/17	Bellshill Sharks Open Meet 2017	Glasgow	SCO1241	2
200 Backstroke	2:30.13	2:32.30	497	10/02/18	Bellshill Sharks Open Meet	Sir Matt Busby Pool	SCO1528	2
200 Individual Medley	2:37.81	2:40.30	460	26/11/16	Dumfries Advent Open 2016	Dumfries	SCO1208	2
400 Individual Medley	5:42.69	5:47.80	431	15/11/15	SASA West District JAG Championships	Cumbernauld	SCO1041	1
100 Individual Medley	1:13.28	1:13.30	458	17/09/17	Stirling Autumn Meet	Stirling	SCO1342	2