

# Individual Best Times (All Time)

Sophie Brown - (921441) - Llandudno Swimming

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.21	28.50	528	20/04/19	Swim Wales Long Course Championships	WNPS	WL190346	1
100 Freestyle	1:02.86	1:01.50	556	31/07/19	Swim Wales Summer Nationals	Swansea	WL190050	1
200 Freestyle	2:21.71	2:19.20	505	15/04/17	Swim Wales Long Course Championships	Swansea	WL170073	1
400 Freestyle	5:11.62	5:07.10	430	21/10/17	Neath ASC Open Meet 2017	Swansea	WL171216	1
800 Freestyle	10:37.49	10:28.30	439	14/05/16	City of Sheffield Swim Squad No Frills Meet	Sheffield	NE160209	1
50 Breaststroke	42.61	41.90	320	04/04/15	Swim Wales Long Course Closed Championships	Swansea	WL150506	1
100 Breaststroke	1:24.48	1:23.00	437	09/07/16	Summer Non National Qualifier LC Graded Meet 2016	Manchester	NW160083	3
200 Breaststroke	2:58.67	2:55.70	456	31/07/17	Swim Wales Summer Nationals	Swansea	WL170074	1
50 Butterfly	31.79	31.20	453	29/07/19	Swim Wales Summer Nationals	Swansea	WL190050	1
100 Butterfly	1:14.26	1:13.20	417	21/10/17	Neath ASC Open Meet 2017	Swansea	WL171216	1
50 Backstroke	38.32	37.80	344	03/10/15	Sherwood Colliery The Robin Hood Open Meet	Sheffield	EM150963	3
100 Backstroke	1:16.67	1:15.60	418	03/08/16	Swim Wales Summer Nationals	Swansea	WL160020	1
200 Backstroke	2:42.28	2:40.20	436	04/08/17	Swim Wales Summer Nationals	Swansea	WL170074	1
200 Individual Medley	2:38.36	2:35.80	505	02/12/17	Swim Wales Long Course Championships	Swansea	WL170076	1
400 Individual Medley	6:38.14	6:33.70	297	10/01/15	Swim Wales Open New Year Meet	Swansea	WL150505	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.57	29.30	516	07/10/17	Conwy Autumn Meet	Llandudno	WL171706	2
100 Freestyle	1:01.53	1:02.90	544	01/06/19	Swim Wales North Junior Development Meet	Llandudno	WL190034	3
200 Freestyle	2:15.46	2:18.00	540	03/02/18	SW North Regional Championships	Llandudno	WL180044	2
400 Freestyle	4:54.45	4:59.20	484	08/02/17	Swim Wales North Regional Championships	Llandudno	WL170078	2
800 Freestyle	10:28.01	10:37.20	439	30/09/18	Swim Conway Invitational Meet	Llandudno	WL181740	3
1500 Freestyle	19:54.09	20:11.30	440	21/10/18	Swim Conwy Autumn Meet	Llandudno	WL181741	2
50 Breaststroke	37.61	38.40	429	10/07/16	Len Thomas Memorial Sprint	Llandudno	WL161275	2
100 Breaststroke	1:20.25	1:21.80	469	06/02/19	Swim Wales North Regional Championships	Llandudno	WL190032	2
200 Breaststroke	2:52.62	2:55.70	473	24/09/16	Conwy County Aquatics Closed Invitational	Llandudno	WL161540	3
50 Butterfly	31.01	31.60	485	15/11/19	Stockport Metro November SC Open Meet	Grand Central Pools	NW192983	2
100 Butterfly	1:11.09	1:12.20	439	08/10/17	Conwy Autumn Meet	Llandudno	WL171706	2
200 Butterfly	3:04.62	3:06.30	271	05/12/15	Swim Wales North Sub Regional Championships	Llandudno	WL151215	3
50 Backstroke	37.87	38.40	296	12/07/15	Len Thomas Memorial Sprint Meet	Llandudno	WL150713	2
100 Backstroke	1:13.46	1:14.50	417	25/09/16	Conwy County Aquatics Closed Invitational	Llandudno	WL161540	3
200 Backstroke	2:33.68	2:35.80	463	24/09/16	Conwy County Aquatics Closed Invitational	Llandudno	WL161540	3
200 Individual Medley	2:32.04	2:34.60	514	01/12/18	Swim Wales Short Course Championships	Swansea	WL180060	2
400 Individual Medley	5:50.34	5:55.30	403	16/01/16	Holywell Valentine Meet 2016	Holywell	WL160265	2
100 Individual Medley	1:14.24	1:14.20	441	09/07/17	Len Thomas Memorial Sprint Meet	Llandudno	WL171152	2