

Individual Best Times (All Time)

Sophie Johnstone - (971157) - Newcastle SwimTeam

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.98	28.30	540	11/01/20	City of Sunderland New Year Meet 2020	Sunderland	NE200306	1
100 Freestyle	1:03.12	1:01.80	549	25/07/21	SENE & NDSA Summer Racing Series	Sunderland Aquatic C	NE210265	1
200 Freestyle	2:15.58	2:13.00	576	15/02/20	Northumberland & Durham SA County Championships	Sunderland	NE200405	1
400 Freestyle	4:44.79	4:39.80	564	02/02/20	Northumberland & Durham SA County Championships	Sunderland	NE200404	1
50 Breaststroke	47.10	46.40	237	27/02/16	Northumberland & Durham County Champs	Sunderland	NE160072	1
100 Breaststroke	1:34.40	1:33.10	313	08/07/17	City of Sunderland Summer Splash 2017	Sunderland	NE171638	3
200 Breaststroke	3:07.22	3:04.40	396	02/02/19	Northumberland & Durham Swimming Association 2019	Sunderland	NE190300	1
50 Butterfly	29.67	29.00	558	02/02/20	Northumberland & Durham SA County Championships	Sunderland	NE200404	1
100 Butterfly	1:06.57	1:05.40	578	01/02/20	Northumberland & Durham SA County Championships	Sunderland	NE200404	1
200 Butterfly	2:32.10	2:30.00	513	11/01/20	City of Sunderland New Year Meet 2020	Sunderland	NE200306	1
50 Backstroke	33.02	32.40	538	15/02/20	Northumberland & Durham SA County Championships	Sunderland	NE200405	1
100 Backstroke	1:11.18	1:10.00	522	12/01/20	City of Sunderland New Year Meet 2020	Sunderland	NE200306	1
200 Backstroke	2:32.04	2:29.80	531	01/02/20	Northumberland & Durham SA County Championships	Sunderland	NE200404	1
200 Individual Medley	2:32.74	2:30.10	562	02/02/20	Northumberland & Durham SA County Championships	Sunderland	NE200404	1
400 Individual Medley	5:43.65	5:38.50	463	09/02/19	Northumberland & Durham Swimming Association 2019	Sunderland	NE190300	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.13	29.80	487	30/10/21	City of Sunderland Spooktacular 2021	Sunderland	NE210841	3
100 Freestyle	1:02.14	1:03.50	528	01/11/20	Newcastle Swim Team	Gosforth Pool	LEX501	0
200 Freestyle	2:14.07	2:16.60	556	06/11/21	SE North East Region Open Championships (25m) 2021	Sheffield	NE210917	2
400 Freestyle	4:43.02	4:47.90	545	27/06/21	Newcastle Swim Team	Gosforth	LEX2675	0
50 Breaststroke	40.62	41.40	340	18/11/18	TASC Winer Gala	Tynemouth Pool	NE182119	3
100 Breaststroke	1:27.71	1:29.10	359	17/11/18	TASC Winer Gala	Tynemouth Pool	NE182119	3
200 Breaststroke	3:05.93	3:08.80	379	12/01/19	Peterlee ASC & Derwentside ASC New Year Meet	Stanley	NE190003	3
50 Butterfly	29.26	29.90	578	04/06/21	Newcastle	Gosforth	LEX1570	0
100 Butterfly	1:07.28	1:08.40	518	04/06/21	Newcastle	Gosforth	LEX1570	0
200 Butterfly	2:29.57	2:31.70	511	20/06/21	Newcastle Swim Team	Gosforth Pool	LEX2120	0
50 Backstroke	32.51	33.10	468	02/11/19	North East Region Open Championships (25m)	Sheffield	NE192157	2
100 Backstroke	1:09.50	1:10.60	492	01/11/20	Newcastle Swim Team	Gosforth Pool	LEX501	0
200 Backstroke	2:31.70	2:33.90	481	16/06/19	Middlesbrough 2019 June Meet Gala	The Neptune Centre	NE190122	3
200 Individual Medley	2:38.90	2:41.40	451	13/01/19	Peterlee ASC & Derwentside ASC New Year Meet	Stanley	NE190003	3
400 Individual Medley	5:36.54	5:41.70	455	03/03/19	Midlothian Spring Meet	Mercat Gait Centre	SCO1615	2
100 Individual Medley	1:13.24	1:13.20	459	03/11/18	Swim England North East Region Age Group (25)	Sheffield	NE182209	2