

Individual Best Times (All Time)

Sophie Taylor - (977251) - Dunmow Atlantis SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.89	27.10	606	02/02/19	ESSEX AGE GROUP CHAMPS 2019	LONDON	ER190209	1
100 Freestyle	1:00.52	59.10	623	03/02/19	Essex Age Group Champs 2019	Basildon	ER190210	1
200 Freestyle	2:16.31	2:13.70	567	17/02/19	Essex Age Group Champs 2019	Basildon	ER190211	1
400 Freestyle	4:57.14	4:52.40	497	16/04/17	Team Luton April Long Course Meet 2017	Luton	ER170348	1
800 Freestyle	10:16.12	10:06.70	487	20/01/17	Essex Age Group Championships 2017	Basildon	ER170022	1
50 Breaststroke	36.92	36.10	492	05/05/18	East Swimming Long Course Championships 2018	Norwich	ER180213	1
100 Breaststroke	1:23.69	1:22.20	449	27/05/17	ASA East Region Long Course Championships	Norwich	ER170220	1
200 Breaststroke	3:02.98	3:00.10	424	21/01/18	Essex Age Group Championships 2018	Basildon	ER180154	1
50 Butterfly	32.57	32.00	422	03/02/18	Essex Age Group Championships 2018	London	ER180155	1
50 Backstroke	36.56	36.00	396	03/02/18	Essex Age Group Championships 2018	London	ER180155	1
100 Backstroke	1:19.56	1:18.50	374	19/02/17	Essex Age Group Championships 2017	Basildon	ER170025	1
200 Backstroke	2:47.64	2:45.60	396	21/02/16	Essex Age Group Championships 2016	Basildon	ER160005	1
200 Individual Medley	2:45.83	2:43.40	439	14/05/16	Team Luton May Long Course Meet	Luton	ER160180	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.74	28.50	564	29/09/18	Cambridge Grand Prix Regional & National Qualifier	Cambridge	ER181257	2
100 Freestyle	59.58	1:01.00	599	08/12/18	The NASL - London - Rounds 2018 - Div 1 & 2	Becintree	ER182083	3
200 Freestyle	2:11.17	2:13.80	594	20/10/18	Essex Senior Winter Champs 2018	Basildon	ER181237	2
400 Freestyle	4:45.72	4:50.60	530	07/07/17	Dunmow Atlantis Club Championships	Dunmow	ER171357	4
800 Freestyle	9:52.93	10:02.60	522	13/07/17	Dunmow Atlantis Club Championships	Dunmow	ER171358	4
50 Breaststroke	35.78	36.60	498	29/09/18	Cambridge Grand Prix Regional & National Qualifier	Cambridge	ER181257	2
100 Breaststroke	1:17.92	1:19.50	512	19/01/19	Essex Age Group Champs 2019	Basildon	ER190208	2
200 Breaststroke	3:00.36	3:03.30	415	26/11/16	Braintree & Bocking SC Christmas Cracker Meet	Braintree	ER161704	3
50 Butterfly	31.30	31.90	472	20/10/18	Essex Senior Winter Champs 2018	Basildon	ER181237	2
50 Backstroke	35.37	35.90	363	09/09/18	Dunmow Atlantis Club Championships	Great Dunmow	ER181600	4
100 Backstroke	1:18.21	1:19.20	345	22/09/16	Dunmow Atlantis Club Championships	Great Dunmow	ER161671	4
200 Backstroke	2:48.50	2:50.50	351	17/11/16	Dunmow Atlantis Club Championships	Great Dunmow	ER161673	4
200 Individual Medley	2:43.62	2:46.00	413	17/11/16	Dunmow Atlantis Club Championships	Great Dunmow	ER161673	4
100 Individual Medley	1:11.06	1:11.10	502	25/11/18	BBSC & DASC Christmas Cracker 2018	Braintree	ER181954	3