

Individual Best Times (All Time)

Sophia Milson - (981582) - Braintree & Bocking SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.38	30.70	425	03/02/18	Essex Age Group Championships 2018	London	ER180155	1
100 Freestyle	1:09.38	1:08.20	414	03/02/19	Essex Age Group Champs 2019	Basildon	ER190210	1
200 Freestyle	2:46.32	2:44.20	312	23/07/16	BPSC End of Season Meet 2016	Basildon	ER160054	3
50 Breaststroke	41.96	41.20	335	03/02/18	Essex Age Group Championships 2018	London	ER180155	1
100 Breaststroke	1:33.16	1:31.80	326	12/05/18	BPSC Spring Long Course Event 2018	Basildon	ER180360	1
50 Butterfly	32.97	32.40	406	02/02/19	ESSEX AGE GROUP CHAMPS 2019	LONDON	ER190209	1
100 Butterfly	1:21.85	1:20.90	311	18/02/18	Essex Age Group Championships 2018	Basildon	ER180157	1
50 Backstroke	37.43	36.90	369	02/02/19	ESSEX AGE GROUP CHAMPS 2019	LONDON	ER190209	1
100 Backstroke	1:39.49	1:38.70	191	04/04/15	Basildon & Phoenix LC Easter Meet	Basildon	ER150042	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.34	32.00	391	19/05/18	Cheshunt Anniversary Open Meet	Harlow	ER180276	3
100 Freestyle	1:08.21	1:09.40	399	25/11/18	BBSC & DASC Christmas Cracker 2018	Braintree	ER181954	3
200 Freestyle	2:35.82	2:38.00	354	30/09/18	BBSC Club Championships 2018	Braintree	ER181233	4
400 Freestyle	5:22.82	5:27.10	367	28/09/18	BBSC Club Championships 2018	Braintree	ER181232	4
800 Freestyle	11:05.52	11:14.20	369	05/10/18	BBSC Club Championships 2018	Braintree	ER181234	4
50 Breaststroke	40.58	41.30	341	29/09/19	BBSC Club Championships 2019	Braintree	ER192253	4
100 Breaststroke	1:29.38	1:30.80	339	27/01/18	RTSC Non- County Qualifiers Meet	Braintree	LR180390	3
200 Breaststroke	3:15.78	3:18.50	324	07/10/18	BBSC Club Championships 2018	Braintree	ER181235	4
50 Butterfly	33.29	33.90	392	29/09/19	BBSC Club Championships 2019	Braintree	ER192253	4
100 Butterfly	1:16.91	1:17.90	347	12/10/19	NASL London Round 1	Becontree	ER192857	3
50 Backstroke	36.62	37.20	327	24/11/18	BBSC & DASC Christmas Cracker 2018	Braintree	ER181954	3
100 Backstroke	1:19.25	1:20.30	332	21/09/19	Sudbury & District Michaelmas Two Day Open Meet	Sudbury	ER192193	3
200 Backstroke	2:46.91	2:48.90	361	25/11/18	BBSC & DASC Christmas Cracker 2018	Braintree	ER181954	3
200 Individual Medley	2:48.58	2:50.90	377	30/09/18	BBSC Club Championships 2018	Braintree	ER181233	4
400 Individual Medley	6:06.87	6:11.60	351	30/09/18	BBSC Club Championships 2018	Braintree	ER181233	4
100 Individual Medley	1:16.74	1:16.70	399	07/09/19	Halstead Season Sprint Starter	Braintree	ER191551	3