

# Individual Best Times (All Time)

Sophie Jenkinson - (1103148) - Rochford & District SC - 50 Freestyle - Long Course

Performance Graph

Drag to Zoom, right click to reset.

## Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
30.07	484	H	02/02/19	ESSEX AGE GROUP CHAMPS 2019	LONDON	Basildon Ph	1
30.15	480	H	21/04/19	BPSC Easter Meet 2019	Basildon	Basildon Ph	1
30.54	462	H	27/05/18	East Swimming Long Course Championships 2018	Luton	Basildon Ph	1
31.05	439	H	03/02/18	Essex Age Group Championships 2018	London	Basildon Ph	1
31.07	438	H	01/02/20	Essex Age Group Championships 2020	London	Basildon Ph	1
31.53	419	H	23/07/17	BPSC End of Season Meet 2017	Basildon	Basildon Ph	3
31.54	419	H	14/05/17	BPSC Spring Long Course Meet	Basildon	Basildon Ph	1
31.67	414	H	03/04/22	SE East Region Development Competition 2022	Norwich	Basildon Ph	1
31.73	411	H	22/01/22	Swim England Essex Age Group Championships 2022	London	Basildon Ph	1
31.88	406	H	28/05/17	ASA East Region Long Course Championships	Norwich	Basildon Ph	1
32.05	399	H	16/04/17	BPSC Easter Meet 2017	Basildon	Basildon Ph	1
32.59	380	H	04/02/17	Essex Age Group Championships	London	Basildon Ph	1
32.59	380	H	04/02/17	Essex Age Group Championships 2017	Basildon	Basildon Ph	1
33.92	337	H	06/02/16	Essex Age Group Championships 2016	London	Basildon Ph	1
33.92	337	H	06/02/16	Essex Age Group Championships 2016	Basildon	Basildon Ph	1
33.96	336	H	24/07/16	BPSC End of Season Meet 2016	Basildon	Basildon Ph	3
33.97	335	H	27/03/16	Basildon & Phoenix Easter LC Meet 2016	Basildon	Basildon Ph	1
34.37	324	F	06/02/16	Essex Age Group Championships 2016	London	Basildon Ph	1
34.37	324	F	06/02/16	Essex Age Group Championships 2016	Basildon	Basildon Ph	1
36.15	278	H	31/05/15	BPSC Level 1 Sprint & 400m No Frills Meet	Basildon		1
40.11	203	H	20/07/14	Basildon & Phoenix End of Season Meet	Basildon		3

## Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
31.67	414	H	03/04/22	SE East Region Development Competition 2022	Norwich	Basildon Ph	1
31.73	411	H	22/01/22	Swim England Essex Age Group Championships 2022	London	Basildon Ph	1

31.07	438	H	01/02/20	Essex Age Group Championships 2020	London	Basildon Ph	1
30.15	480	H	21/04/19	BPSC Easter Meet 2019	Basildon	Basildon Ph	1
30.07	484	H	02/02/19	ESSEX AGE GROUP CHAMPS 2019	LONDON	Basildon Ph	1
30.54	462	H	27/05/18	East Swimming Long Course Championships 2018	Luton	Basildon Ph	1
31.05	439	H	03/02/18	Essex Age Group Championships 2018	London	Basildon Ph	1
31.53	419	H	23/07/17	BPSC End of Season Meet 2017	Basildon	Basildon Ph	3
31.88	406	H	28/05/17	ASA East Region Long Course Championships	Norwich	Basildon Ph	1
31.54	419	H	14/05/17	BPSC Spring Long Course Meet	Basildon	Basildon Ph	1
32.05	399	H	16/04/17	BPSC Easter Meet 2017	Basildon	Basildon Ph	1
32.59	380	H	04/02/17	Essex Age Group Championships	London	Basildon Ph	1
32.59	380	H	04/02/17	Essex Age Group Championships 2017	Basildon	Basildon Ph	1
33.96	336	H	24/07/16	BPSC End of Season Meet 2016	Basildon	Basildon Ph	3
33.97	335	H	27/03/16	Basildon & Phoenix Easter LC Meet 2016	Basildon	Basildon Ph	1
34.37	324	F	06/02/16	Essex Age Group Championships 2016	London	Basildon Ph	1
34.37	324	F	06/02/16	Essex Age Group Championships 2016	Basildon	Basildon Ph	1
33.92	337	H	06/02/16	Essex Age Group Championships 2016	London	Basildon Ph	1
33.92	337	H	06/02/16	Essex Age Group Championships 2016	Basildon	Basildon Ph	1
36.15	278	H	31/05/15	BPSC Level 1 Sprint & 400m No Frills Meet	Basildon		1
40.11	203	H	20/07/14	Basildon & Phoenix End of Season Meet	Basildon		3