

# Individual Best Times (All Time)

Sophie Jenkinson - (1103148) - Rochford & District SC - 100 Backstroke - 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
1:13.10	482	H	21/04/19	BPSC Easter Meet 2019	Basildon	Basildon Ph	1
1:13.71	470	H	16/02/19	Essex Age Group Champs 2019	Basildon	Basildon Ph	1
1:14.91	448	H	27/05/18	East Swimming Long Course Championships 2018	Luton	Basildon Ph	1
1:15.18	443	H	15/02/20	Essex Age Group Championships 2020	Basildon	Basildon Ph	1
1:17.85	399	H	03/04/22	SE East Region Development Competition 2022	Norwich	Basildon Ph	1
1:18.72	386	H	29/10/17	Essex Senior Winter Championships 2017	Basildon	Basildon Ph	1
1:19.68	372	H	13/01/24	2024 Essex County Age Group Championships	London	Rochford	1
1:19.83	370	F	13/01/24	2024 Essex County Age Group Championships	London	Rochford	1
1:20.24	364	H	19/02/17	Essex Age Group Championships 2017	Basildon	Basildon Ph	1
1:20.33	363	H	16/04/17	BPSC Easter Meet 2017	Basildon	Basildon Ph	1
1:25.32	303	H	21/02/16	Essex Age Group Championships 2016	Basildon	Basildon Ph	1
1:25.74	298	H	24/07/16	BPSC End of Season Meet 2016	Basildon	Basildon Ph	3
1:26.89	287	H	27/03/16	Basildon & Phoenix Easter LC Meet 2016	Basildon	Basildon Ph	1
1:28.06	275	H	16/04/16	Team Luton April Long Course Meet	Luton	Basildon Ph	1
1:38.85	195	H	05/04/15	Basildon & Phoenix LC Easter Meet	Basildon		1

## Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
1:19.83	370	F	13/01/24	2024 Essex County Age Group Championships	London	Rochford	1
1:19.68	372	H	13/01/24	2024 Essex County Age Group Championships	London	Rochford	1
1:17.85	399	H	03/04/22	SE East Region Development Competition 2022	Norwich	Basildon Ph	1
1:15.18	443	H	15/02/20	Essex Age Group Championships 2020	Basildon	Basildon Ph	1
1:13.10	482	H	21/04/19	BPSC Easter Meet 2019	Basildon	Basildon Ph	1
1:13.71	470	H	16/02/19	Essex Age Group Champs 2019	Basildon	Basildon Ph	1
1:14.91	448	H	27/05/18	East Swimming Long Course Championships 2018	Luton	Basildon Ph	1
1:18.72	386	H	29/10/17	Essex Senior Winter Championships 2017	Basildon	Basildon Ph	1

1:20.33	363	H	16/04/17	BPSC Easter Meet 2017	Basildon	Basildon Ph	1
1:20.24	364	H	19/02/17	Essex Age Group Championships 2017	Basildon	Basildon Ph	1
1:25.74	298	H	24/07/16	BPSC End of Season Meet 2016	Basildon	Basildon Ph	3
1:28.06	275	H	16/04/16	Team Luton April Long Course Meet	Luton	Basildon Ph	1
1:26.89	287	H	27/03/16	Basildon & Phoenix Easter LC Meet 2016	Basildon	Basildon Ph	1
1:25.32	303	H	21/02/16	Essex Age Group Championships 2016	Basildon	Basildon Ph	1
1:38.85	195	H	05/04/15	Basildon & Phoenix LC Easter Meet	Basildon		1