

# Individual Best Times (All Time)

Sophie Jenkinson - (1103148) - Rochford & District SC - 50 Breaststroke - 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
39.20	411	H	02/02/19	ESSEX AGE GROUP CHAMPS 2019	LONDON	Basildon Ph	1
39.24	410	H	01/02/20	Essex Age Group Championships 2020	London	Basildon Ph	1
39.27	409	H	28/05/18	East Swimming Long Course Championships 2018	Luton	Basildon Ph	1
39.61	398	H	27/05/19	Swim England East Region Long Course Champs 2019	UEA Sportspark	Basildon Ph	1
40.36	377	H	08/08/21	British Swimming Festival of Swimming East Region	London Aquatic Centr	Basildon Ph	1
40.46	374	H	03/04/22	SE East Region Development Competition 2022	Norwich	Basildon Ph	1
41.13	356	H	03/02/18	Essex Age Group Championships 2018	London	Basildon Ph	1
41.36	350	H	22/01/22	Swim England Essex Age Group Championships 2022	London	Basildon Ph	1
41.37	350	H	23/07/17	BPSC End of Season Meet 2017	Basildon	Basildon Ph	3
41.49	347	H	14/05/17	BPSC Spring Long Course Meet	Basildon	Basildon Ph	1
42.02	334	H	04/02/17	Essex Age Group Championships	London	Basildon Ph	1
42.02	334	H	04/02/17	Essex Age Group Championships 2017	Basildon	Basildon Ph	1
42.05	333	H	29/05/17	ASA East Region Long Course Championships	Norwich	Basildon Ph	1
42.45	324	F	04/02/17	Essex Age Group Championships	London	Basildon Ph	1
42.45	324	F	04/02/17	Essex Age Group Championships 2017	Basildon	Basildon Ph	1
42.54	322	H	16/04/17	BPSC Easter Meet 2017	Basildon	Basildon Ph	1
44.04	290	H	27/03/16	Basildon & Phoenix Easter LC Meet 2016	Basildon	Basildon Ph	1
44.55	280	H	24/07/16	BPSC End of Season Meet 2016	Basildon	Basildon Ph	3
45.33	266	F	06/02/16	Essex Age Group Championships 2016	London	Basildon Ph	1
45.33	266	F	06/02/16	Essex Age Group Championships 2016	Basildon	Basildon Ph	1
45.44	264	H	06/02/16	Essex Age Group Championships 2016	London	Basildon Ph	1
45.44	264	H	06/02/16	Essex Age Group Championships 2016	Basildon	Basildon Ph	1
45.69	259	H	16/04/16	Team Luton April Long Course Meet	Luton	Basildon Ph	1
48.34	219	H	19/07/15	Basildon & Phoenix LC End of Season Meet	Basildon		3
49.79	200	H	31/05/15	BPSC Level 1 Sprint & 400m No Frills Meet	Basildon		1
52.77	168	H	05/04/15	Basildon & Phoenix LC Easter Meet	Basildon		1
57.00	101	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
40.46	374	H	03/04/22	SE East Region Development Competition 2022	Norwich	Basildon Ph	1
41.36	350	H	22/01/22	Swim England Essex Age Group Championships 2022	London	Basildon Ph	1
40.36	377	H	08/08/21	British Swimming Festival of Swimming East Region	London Aquatic Centr	Basildon Ph	1
39.24	410	H	01/02/20	Essex Age Group Championships 2020	London	Basildon Ph	1
39.61	398	H	27/05/19	Swim England East Region Long Course Champs 2019	UEA Sportspark	Basildon Ph	1
39.20	411	H	02/02/19	ESSEX AGE GROUP CHAMPS 2019	LONDON	Basildon Ph	1
39.27	409	H	28/05/18	East Swimming Long Course Championships 2018	Luton	Basildon Ph	1
41.13	356	H	03/02/18	Essex Age Group Championships 2018	London	Basildon Ph	1
41.37	350	H	23/07/17	BPSC End of Season Meet 2017	Basildon	Basildon Ph	3
42.05	333	H	29/05/17	ASA East Region Long Course Championships	Norwich	Basildon Ph	1
41.49	347	H	14/05/17	BPSC Spring Long Course Meet	Basildon	Basildon Ph	1
42.54	322	H	16/04/17	BPSC Easter Meet 2017	Basildon	Basildon Ph	1
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42.45	324	F	04/02/17	Essex Age Group Championships 2017	Basildon	Basildon Ph	1
42.02	334	H	04/02/17	Essex Age Group Championships 2017	Basildon	Basildon Ph	1
42.02	334	H	04/02/17	Essex Age Group Championships	London	Basildon Ph	1
44.55	280	H	24/07/16	BPSC End of Season Meet 2016	Basildon	Basildon Ph	3
45.69	259	H	16/04/16	Team Luton April Long Course Meet	Luton	Basildon Ph	1
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48.34	219	H	19/07/15	Basildon & Phoenix LC End of Season Meet	Basildon		3
49.79	200	H	31/05/15	BPSC Level 1 Sprint & 400m No Frills Meet	Basildon		1
52.77	168	H	05/04/15	Basildon & Phoenix LC Easter Meet	Basildon		1
57.39	131	H	20/07/14	Basildon & Phoenix End of Season Meet	Basildon		3