

Individual Best Times (All Time)

Sophie Brassington - (1191018) - Mount Kelly Swimming - 200 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 |
|---------|--------|-------|----------|--|------------|-----------------|-------|
| 2:31.55 | 747 | H | 03/04/24 | Speedo Aquatics GB Swimming Championships 2024 | London | Mt Kelly | 1 |
| 2:31.60 | 746 | F | 03/04/24 | Speedo Aquatics GB Swimming Championships 2024 | London | Mt Kelly | 1 |
| 2:32.28 | 736 | F | 24/07/23 | British Summer Championships | Sheffield | Mt Kelly | 1 |
| 2:32.42 | 734 | H | 26/01/24 | Luxembourg Euro Meet 2024 | Luxembourg | | 1 |
| 2:32.80 | 729 | F | 05/04/23 | British Swimming Championships 2023 | Sheffield | Mt Kelly | 1 |
| 2:33.42 | 720 | H | 24/07/23 | British Summer Championships | Sheffield | Mt Kelly | 1 |
| 2:33.54 | 718 | H | 05/04/23 | British Swimming Championships 2023 | Sheffield | Mt Kelly | 1 |
| 2:33.83 | 714 | H | 06/08/23 | Commonwealth Youth Games | Trinidad | | 1 |
| 2:33.88 | 714 | F | 10/03/24 | Chelsea & Westminster & Millfield March Grand Prix | Millfield | | 1 |
| 2:34.15 | 710 | H | 05/05/24 | SE SWR Summer Championships 2024 | Plymouth | | 1 |
| 2:34.25 | 709 | F | 06/08/23 | Commonwealth Youth Games | Trinidad | | 1 |
| 2:34.28 | 708 | F | 25/04/23 | SE South West Summer Regional Championships 2023 | Plymouth | | 1 |
| 2:34.39 | 707 | F | 26/01/24 | Luxembourg Euro Meet 2024 | Luxembourg | | 1 |
| 2:34.49 | 705 | F | 10/02/24 | Swim Wales Regional Racing Series - SE 2024 | Cardiff | | 1 |
| 2:34.70 | 702 | | 10/02/23 | Middle East Junior and Open Championships 2023 | Hamdan | | 1 |
| 2:35.01 | 698 | H | 25/05/24 | Mare Nostrum Swim Tour 2024 | Canet | | 1 |
| 2:35.09 | 697 | | 21/01/23 | Flanders Swimming Cup 2023 | Antwerp | | 1 |
| 2:35.13 | 697 | | 10/02/23 | Middle East Junior and Open Championships 2023 | Hamdan | | 1 |
| 2:35.46 | 692 | F | 10/03/24 | Chelsea & Westminster & Millfield March Grand Prix | Millfield | | 1 |
| 2:35.51 | 692 | | 17/05/23 | Mare Nostrum Swim Tour 2023 | Barcelona | | 1 |
| 2:35.74 | 688 | F | 24/07/22 | British Summer Championships | Sheffield | Mt Kelly | 1 |
| 2:35.84 | 687 | | 21/01/23 | Flanders Swimming Cup 2023 | Antwerp | | 1 |
| 2:36.16 | 683 | F | 18/06/22 | Team Bath & Millfield National Preparation Meet L1 | Millfield | | 1 |
| 2:36.31 | 681 | H | 24/07/22 | British Summer Championships | Sheffield | Mt Kelly | 1 |
| 2:36.62 | 677 | H | 12/03/23 | 72nd ESSA National Inter-Divisional Championships | Coventry | | 1 |
| 2:37.08 | 671 | H | 25/04/23 | SE South West Summer Regional Championships 2023 | Plymouth | | 1 |
| 2:37.16 | 671 | H | 16/04/23 | Swim Wales National Championships 2023 | Swansea | | 1 |

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|---------|-----|---|----------|--|---------------|------------|---|
| 2:37.10 | 671 | M | 10/04/22 | Swim Wales National Championships 2022 | Swansea | | |
| 2:37.44 | 666 | F | 18/01/20 | C. o. C. Welsh Capital Open Meet 2020 | Cardiff | Co Cardiff | 1 |
| 2:37.49 | 666 | F | 24/07/19 | British Summer Championships | Glasgow | Co Cardiff | 1 |
| 2:37.80 | 662 | H | 15/04/21 | British Swimming Selection Trials 2021 | London | Mt Kelly | 1 |
| 2:38.00 | 659 | F | 06/04/22 | British Championships 2022 | Sheffield | Mt Kelly | 1 |
| 2:38.10 | 658 | F | 16/04/22 | Swim Wales National Championships 2022 | Swansea | | 1 |
| 2:38.41 | 654 | F | 25/02/22 | McCullagh International Meet | Bangor | | 1 |
| 2:38.49 | 653 | H | 21/04/19 | Swim Wales Long Course Championships | WNPS | Co Cardiff | 1 |
| 2:38.94 | 648 | F | 20/03/22 | Swim Wales Time Trials | Swansea | | 1 |
| 2:38.97 | 647 | F | 19/12/21 | Swim Wales Winters 2021 | Swansea | | 1 |
| 2:39.01 | 647 | H | 24/07/19 | British Summer Championships | Glasgow | Co Cardiff | 1 |
| 2:39.04 | 646 | F | 21/04/19 | Swim Wales Long Course Championships | WNPS | Co Cardiff | 1 |
| 2:39.22 | 644 | H | 16/01/22 | Devon County ASA Championships & Age Groups 2022 | Plymouth | | 1 |
| 2:39.45 | 641 | C | 13/03/22 | Edinburgh International 2022 | Edinburgh | | 1 |
| 2:39.53 | 640 | H | 06/04/22 | British Championships 2022 | Sheffield | Mt Kelly | 1 |
| 2:39.65 | 639 | F | 25/07/21 | South West British Summer Festival | Plymouth | | 1 |
| 2:39.70 | 638 | F | 16/01/22 | Devon County ASA Championships & Age Groups 2022 | Plymouth | | 1 |
| 2:39.79 | 637 | H | 25/05/19 | City of Cardiff International Open Meet | Cardiff | Co Cardiff | 1 |
| 2:39.92 | 636 | F | 28/11/21 | Swim Wales Time Trials | Swansea | | 1 |
| 2:40.09 | 634 | H | 13/03/22 | Edinburgh International 2022 | Edinburgh | | 1 |
| 2:40.12 | 633 | F | 24/03/19 | Millfield Street Super Series (LC) | Millfield | Co Cardiff | 1 |
| 2:40.19 | 633 | H | 25/02/22 | McCullagh International Meet | Bangor | | 1 |
| 2:40.37 | 630 | H | 19/12/21 | Swim Wales Winters 2021 | Swansea | | 1 |
| 2:42.17 | 610 | F | 06/01/19 | UOB & Bristol Henleaze New Year Open Meet | Hengrove Park | Co Cardiff | 1 |
| 2:42.61 | 605 | F | 10/05/19 | Swansea Aquatics Centenary 2019 LC Open Meet | WNPS | Co Cardiff | 1 |
| 2:42.67 | 604 | H | 10/05/19 | Swansea Aquatics Centenary 2019 LC Open Meet | WNPS | Co Cardiff | 1 |
| 2:46.64 | 562 | F | 30/07/18 | Swim Wales Summer Nationals | Swansea | Co Cardiff | 1 |
| 2:47.36 | 555 | F | 13/05/18 | Swansea Aquatics Long Course Meet 2018 | WNPS | Co Cardiff | 1 |
| 2:48.66 | 542 | F | 02/04/18 | Swim Wales LC Championships | Swansea | Co Cardiff | 1 |
| 2:49.59 | 533 | H | 26/05/18 | Cardiff International Open Meet | Cardiff | Co Cardiff | 1 |
| 2:50.18 | 528 | H | 30/07/18 | Swim Wales Summer Nationals | Swansea | Co Cardiff | 1 |
| 2:50.88 | 521 | H | 13/05/18 | Swansea Aquatics Long Course Meet 2018 | WNPS | Co Cardiff | 1 |
| 2:51.40 | 516 | F | 26/05/18 | Cardiff International Open Meet | Cardiff | Co Cardiff | 1 |
| 2:52.95 | 503 | H | 02/04/18 | Swim Wales LC Championships | Swansea | Co Cardiff | 1 |
| 3:00.44 | 442 | F | 06/01/18 | RCT New Year Open Meet | Cardiff | Co Cardiff | 3 |
| 3:00.99 | 438 | F | 03/12/17 | Swim Wales Long Course Championships | Swansea | Co Cardiff | 1 |
| 3:02.17 | 430 | H | 03/12/17 | Swim Wales Long Course Championships | Swansea | Co Cardiff | 1 |
| 3:04.18 | 416 | F | 04/11/17 | Welsh Capital Open Meet 2017 | Cardiff | Co Cardiff | 1 |
| 3:04.31 | 415 | F | 17/04/17 | Swim Wales Long Course Championships | Swansea | Co Cardiff | 1 |
| 3:05.13 | 410 | H | 17/04/17 | Swim Wales Long Course Championships | Swansea | Co Cardiff | 1 |
| 3:05.43 | 408 | F | 14/05/17 | Swansea Aquatics Long Course Meet 2017 | Swansea | Co Cardiff | 1 |
| 3:06.95 | 398 | H | 28/05/17 | Cardiff International Open Meet 2017 | Cardiff | Co Cardiff | 1 |
| 3:17.74 | 336 | F | 18/03/17 | City of Cardiff Tiger Bay Open Meet 2017 | Cardiff | Co Cardiff | 3 |
| 3:27.13 | 292 | H | 08/01/17 | UBSC New Year L1 Open Meet | Bristol | Co Cardiff | 1 |
| 3:33.44 | 267 | H | 28/05/16 | City of Cardiff Open Meet | Cardiff | Co Cardiff | 1 |
| 3:35.79 | 258 | F | 19/06/16 | Torfaen Dolphins LC Open Meet 2016 | Bristol | Co Cardiff | 3 |
| 3:46.59 | 223 | F | 13/03/16 | City of Cardiff Tiger Bay Meet | Cardiff | Co Cardiff | 3 |
| 4:03.01 | 181 | F | 21/06/15 | Torfaen Dolphins Non National Qualifier 2015 | Bristol | Co Cardiff | 3 |

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| 2:35.01 | 698 | H | 25/05/24 | Mare Nostrum Swim Tour 2024 | Canet | | 1 |
| 2:34.15 | 710 | H | 05/05/24 | SE SWR Summer Championships 2024 | Plymouth | | 1 |
| 2:31.60 | 746 | F | 03/04/24 | Speedo Aquatics GB Swimming Championships 2024 | London | Mt Kelly | 1 |

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| 2:31.55 | 747 | H | 03/04/24 | Speedo Aquatics GB Swimming Championships 2024 | London | Mt Kelly | 1 |
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| 2:34.39 | 707 | F | 26/01/24 | Luxembourg Euro Meet 2024 | Luxembourg | | 1 |
| 2:32.42 | 734 | H | 26/01/24 | Luxembourg Euro Meet 2024 | Luxembourg | | 1 |
| 2:34.25 | 709 | F | 06/08/23 | Commonwealth Youth Games | Trinidad | | 1 |
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| 2:32.28 | 736 | F | 24/07/23 | British Summer Championships | Sheffield | Mt Kelly | 1 |
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| 2:37.08 | 671 | H | 25/04/23 | SE South West Summer Regional Championships 2023 | Plymouth | | 1 |
| 2:32.80 | 729 | F | 05/04/23 | British Swimming Championships 2023 | Sheffield | Mt Kelly | 1 |
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| 2:50.88 | 521 | H | 13/05/18 | Swansea Aquatics Long Course Meet 2018 | WNPS | Co Cardiff | 1 |
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| 3:04.18 | 416 | F | 04/11/17 | Welsh Capital Open Meet 2017 | Cardiff | Co Cardiff | 1 |
| 3:06.95 | 398 | H | 28/05/17 | Cardiff International Open Meet 2017 | Cardiff | Co Cardiff | 1 |
| 3:05.43 | 408 | F | 14/05/17 | Swansea Aquatics Long Course Meet 2017 | Swansea | Co Cardiff | 1 |
| 3:04.31 | 415 | F | 17/04/17 | Swim Wales Long Course Championships | Swansea | Co Cardiff | 1 |
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