

Individual Best Times (All Time)

Sophie Quach - (228759) - Shiverers 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
28.53	566	H	01/05/16	ASA South East Region Swimming Championships	Portsmouth	Shiverers	1
28.53	566	F	10/03/18	WDSC Long Course Premier Open Meet	Wycombe	Hatfield	1
28.53	566	H	16/02/19	BUCS Long Course Swimming Championships 2019	Sheffield		1
28.64	560	F	01/03/15	Sussex County Championships	Crawley	Shiverers	1
28.65	559	H	31/05/15	ASASER Swimming Championships	Crawley	Shiverers	1
28.75	553	H	31/05/15	ASASER Swimming Championships	Crawley	Shiverers	1
28.78	552	F	01/03/15	Sussex County Championships	Crawley	Shiverers	1
28.89	545	F	12/02/17	Sussex County Championships & Age Group Comp	Crawley	Shiverers	1
28.93	543	F	18/04/15	Crawley Spring LC Open Meet 2015	Crawley	Shiverers	1
28.98	540	H	04/05/19	Swim England East Region Long Course Champs	Inspire Luton	Hatfield	1
28.99	540	F	14/02/16	Sussex County Championships	Crawley	Shiverers	1
29.03	537	F	14/02/16	Sussex County Championships	Crawley	Shiverers	1
29.04	537	F	04/07/21	Take The Plunge L3 Open Meet 2021	Crawley		3
29.06	536	F	11/03/17	Wycombe Long Course Premier Open Meet	Wycombe	Shiverers	1
29.07	535	F	19/03/17	Atlantis Regional-National Chaser Open Meet	Crawley	Shiverers	1
29.07	535	H	05/05/18	East Swimming Long Course Championships 2018	Norwich	Hatfield	1
29.32	522	F	15/11/14	Crawley Not so Early Bird Gala	Crawley	Shiverers	3
29.47	514	H	15/03/20	Liverpool Spring Open Meet 2020	Liverpool	Warrington W	1
29.53	511	F	28/05/17	PNSC May Madness Meet	Portsmouth	Shiverers	1
29.68	503	H	18/01/14	Rushmoor Royals January L1 Open Meet	Crawley	Shiverers	1
29.73	500	F	16/11/13	Crawley Not So Early Bird Meet	Crawley	Shiverers	1
30.19	478		26/01/13	ASA Southern Region Zonal Competition	Crawley	Shiverers	1
32.47	384	F	09/07/11	Portsmouth Northsea Non Qualifier Meet	Portsmouth	Shiverers	3

Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
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29.04	537	F	04/07/21	Take The Plunge L3 Open Meet 2021	Crawley		3
29.47	514	H	15/03/20	Liverpool Spring Open Meet 2020	Liverpool	Warrington W	1
28.98	540	H	04/05/19	Swim England East Region Long Course Champs	Inspire Luton	Hatfield	1
28.53	566	H	16/02/19	BUCS Long Course Swimming Championships 2019	Sheffield		1
29.07	535	H	05/05/18	East Swimming Long Course Championships 2018	Norwich	Hatfield	1
28.53	566	F	10/03/18	WDSC Long Course Premier Open Meet	Wycombe	Hatfield	1
29.53	511	F	28/05/17	PNSC May Madness Meet	Portsmouth	Shiverers	1
29.07	535	F	19/03/17	Atlantis Regional-National Chaser Open Meet	Crawley	Shiverers	1
29.06	536	F	11/03/17	Wycombe Long Course Premier Open Meet	Wycombe	Shiverers	1
28.89	545	F	12/02/17	Sussex County Championships & Age Group Comp	Crawley	Shiverers	1
28.53	566	H	01/05/16	ASA South East Region Swimming Championships	Portsmouth	Shiverers	1
29.03	537	F	14/02/16	Sussex County Championships	Crawley	Shiverers	1
28.99	540	F	14/02/16	Sussex County Championships	Crawley	Shiverers	1
28.75	553	H	31/05/15	ASASER Swimming Championships	Crawley	Shiverers	1
28.65	559	H	31/05/15	ASASER Swimming Championships	Crawley	Shiverers	1
28.93	543	F	18/04/15	Crawley Spring LC Open Meet 2015	Crawley	Shiverers	1
28.78	552	F	01/03/15	Sussex County Championships	Crawley	Shiverers	1
28.64	560	F	01/03/15	Sussex County Championships	Crawley	Shiverers	1
29.32	522	F	15/11/14	Crawley Not so Early Bird Gala	Crawley	Shiverers	3
29.68	503	H	18/01/14	Rushmoor Royals January L1 Open Meet	Crawley	Shiverers	1
29.73	500	F	16/11/13	Crawley Not So Early Bird Meet	Crawley	Shiverers	1
30.19	478		26/01/13	ASA Southern Region Zonal Competition	Crawley	Shiverers	1
32.47	384	F	09/07/11	Portsmouth Northsea Non Qualifier Meet	Portsmouth	Shiverers	3