

# Individual Best Times (All Time)

Sophia Sugden - (1300103) - Carlisle Aquatics - 100 Freestyle - Short 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 |
|---------|--------|-------|----------|--|----------------------|-----------------|-------|
| 1:05.07 | 460    | H     | 23/03/24 | Carnforth LAST-GASP for Regionals 2024           | Lancaster            | Carlisle Aq     | 3     |
| 1:05.75 | 446    | H     | 03/02/24 | Cumbria County Championships & Age Groups 2024   | Workington           | Carlisle Aq     | 2     |
| 1:07.99 | 403    | H     | 24/09/23 | Workington 14th Presidents Gala 2023             | Workington           | Carlisle Aq     | 3     |
| 1:08.81 | 389    | H     | 25/06/23 | Kendal ASC 7th Mint Open Gala 2023               | Kendal               | Carlisle Aq     | 3     |
| 1:09.47 | 378    | H     | 04/02/23 | Cumbria County Championships & Age Groups 2023   | Workington           | Carlisle Aq     | 2     |
| 1:09.69 | 374    | H     | 04/12/22 | Cumbria Winter Meet 2022                         | Copeland Leisure Cen | Carlisle Aq     | 3     |
| 1:09.89 | 371    | H     | 10/09/23 | Carlisle Aquatics Annual Club Champs Galas 2023  | Carlisle             | Carlisle Aq     | 4     |
| 1:10.24 | 366    | H     | 15/07/23 | Cumbria Festival of Aquatics 2023                | Carlisle             | Carlisle Aq     | 3     |
| 1:10.55 | 361    | H     | 04/03/23 | Bobcats 'Racing for Regionals' Meet 2023         | Darwen               | Carlisle Aq     | 3     |
| 1:11.98 | 340    | H     | 25/09/22 | Workington 13th Presidents Gala                  | Workington           | Carlisle Aq     | 3     |
| 1:12.33 | 335    | H     | 05/02/22 | 2022 Cumbria County Championships and Age Groups | Workington           | Carlisle Aq     | 2     |
| 1:16.32 | 285    | H     | 14/11/21 | Carlisle Aquatics Club Championships             | Carlisle             | Carlisle Aq     | 4     |
| 1:18.25 | 264    | H     | 26/09/21 | 12th Presidents Gala                             | Workington           | Carlisle Aq     | 3     |
| 1:24.94 | 207    | H     | 02/08/21 | Carlisle Aquatics                                | The Pools            | Carlisle Aq     | 0     |
| 1:33.36 | 155    | H     | 08/03/20 | Ulverston Spring Swim Fest 2020                  | Kendal LC            | Penrith         | 3     |
| 1:37.31 | 137    | H     | 24/11/19 | Penrith Swimming Club Championships              | Penrith              | Penrith         | 4     |
| 1:37.56 | 136    | H     | 08/02/20 | 2020 Cumbria County Championships and Age Groups | Workington           | Penrith         | 2     |
| 1:37.57 | 136    | H     | 08/06/19 | 24th Copeland Graded Gala                        | Whitehaven           | Penrith         | 3     |

## Swims in Date Order

| Time    | WA Pts | Round | Date     | Meet  | Venue      | Club Swam Under | Level |
|---------|--------|-------|----------|---|------------|-----------------|-------|
| 1:05.07 | 460    | H     | 23/03/24 | Carnforth LAST-GASP for Regionals 2024          | Lancaster  | Carlisle Aq     | 3     |
| 1:05.75 | 446    | H     | 03/02/24 | Cumbria County Championships & Age Groups 2024  | Workington | Carlisle Aq     | 2     |
| 1:07.99 | 403    | H     | 24/09/23 | Workington 14th Presidents Gala 2023            | Workington | Carlisle Aq     | 3     |
| 1:09.89 | 371    | H     | 10/09/23 | Carlisle Aquatics Annual Club Champs Galas 2023 | Carlisle   | Carlisle Aq     | 4     |
| 1:10.24 | 366    | H     | 15/07/23 | Cumbria Festival of Aquatics 2023               | Carlisle   | Carlisle Aq     | 3     |

|         |     |   |          |  |                      |             |   |
|---------|-----|---|----------|--|----------------------|-------------|---|
| 1:08.81 | 389 | H | 25/06/23 | Kendal ASC 7th Mint Open Gala 2023               | Kendal               | Carlisle Aq | 3 |
| 1:10.55 | 361 | H | 04/03/23 | Bobcats 'Racing for Regionals' Meet 2023         | Darwen               | Carlisle Aq | 3 |
| 1:09.47 | 378 | H | 04/02/23 | Cumbria County Championships & Age Groups 2023   | Workington           | Carlisle Aq | 2 |
| 1:09.69 | 374 | H | 04/12/22 | Cumbria Winter Meet 2022                         | Copeland Leisure Cen | Carlisle Aq | 3 |
| 1:11.98 | 340 | H | 25/09/22 | Workington 13th Presidents Gala                  | Workington           | Carlisle Aq | 3 |
| 1:12.33 | 335 | H | 05/02/22 | 2022 Cumbria County Championships and Age Groups | Workington           | Carlisle Aq | 2 |
| 1:16.32 | 285 | H | 14/11/21 | Carlisle Aquatics Club Championships             | Carlisle             | Carlisle Aq | 4 |
| 1:18.25 | 264 | H | 26/09/21 | 12th Presidents Gala                             | Workington           | Carlisle Aq | 3 |
| 1:24.94 | 207 | H | 02/08/21 | Carlisle Aquatics                                | The Pools            | Carlisle Aq | 0 |
| 1:33.36 | 155 | H | 08/03/20 | Ulverston Spring Swim Fest 2020                  | Kendal LC            | Penrith     | 3 |
| 1:37.56 | 136 | H | 08/02/20 | 2020 Cumbria County Championships and Age Groups | Workington           | Penrith     | 2 |
| 1:37.31 | 137 | H | 24/11/19 | Penrith Swimming Club Championships              | Penrith              | Penrith     | 4 |
| 1:37.57 | 136 | H | 08/06/19 | 24th Copeland Graded Gala                        | Whitehaven           | Penrith     | 3 |