

Individual Best Times (All Time)

Sophie Quach - (228759) - Shiverers SC - 50 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
27.66	569	H	10/11/18	BUCS Short Course Swimming Championships 2018	Sheffield		2
27.81	560	F	06/02/15	Shiverers Development Meet	Hove	Shiverers	4
27.94	552	F	16/10/16	Sussex County ASA Winter Short Competition 2016	Crawley	Shiverers	2
27.95	552	H	06/12/14	ASA South East Region Championships	Portsmouth	Shiverers	2
27.98	550	H	04/11/18	Swim England East Region Short Course Championship	Luton	Hatfield	2
28.00	549	F	09/09/17	Brighton Ken Deeley Open	Crawley	Shiverers	3
28.01	548	F	01/11/15	Sussex County ASA Winter Competition 2015	Horsham	Shiverers	2
28.06	545	H	07/11/15	ASA South East Region Winter Championships 2015	Portsmouth	Shiverers	2
28.06	545	H	10/01/16	Tom Handley Memorial Trophy Meet	Brighton	Shiverers	3
28.06	545	F	03/11/19	Swim England North West Winter Championships 2019	Manchester	Warrington W	2
28.09	543	H	11/01/15	Brighton Tom Handley Open Meet	Brighton	Shiverers	2
28.13	541	H	03/11/19	Swim England North West Winter Championships 2019	Manchester	Warrington W	2
28.14	541	H	05/11/16	ASA South East Region Winter Championships 2016	Portsmouth	Shiverers	2
28.15	540	H	03/12/17	HATFIELD XMAS MEET 2017	HERTFORDSHIRE	Hatfield	3
28.15	540	F	19/12/21	Shiverers Club Championships	Hove		4
28.20	537	F	15/01/16	Shiverers Development Meet	Hove	Shiverers	4
28.22	536	F	27/11/16	Atlantis Christmas Cracker Open Meet	Horsham	Shiverers	3
28.24	535	F	29/11/15	Atlantis Horsham Christmas Cracker Meet	Horsham	Shiverers	3
28.28	533	F	25/01/15	Cranleigh January Open Meet 2015	Cranleigh	Shiverers	3
28.29	532	F	12/04/15	Littlehampton Last Chance Regional Qualifier	Bognor Regis	Shiverers	3
28.30	531	F	03/12/17	HATFIELD XMAS MEET 2017	HERTFORDSHIRE	Hatfield	3
28.31	531	H	15/01/17	Tom Handley Open Meet	Brighton	Shiverers	3
28.34	529	F	29/11/14	Portsmouth Northsea Christmas Cracker	Portsmouth	Shiverers	4
28.36	528	H	27/01/18	Hertfordshire County Championships	Borehamwood	Hatfield	2
28.39	526	F	10/09/16	Brighton Ken Deeley Open	Brighton	Shiverers	3
28.39	526	H	21/10/18	Manchester International Swim Meet (MISM) 2018	Manchester	Hatfield	2
28.41	525	H	16/11/18	BUCS Short Course Swimming Championships 2018	Sheffield		2

28.41	523	F	10/11/19	BUCS Short Course Swimming Championships 2019	Sheffield		
28.48	521	F	12/09/15	Brighton Ken Deeley Open	Brighton	Shiverers	3
28.59	515	F	30/11/13	Atlantis Christmas Cracker Open Meet	Horsham	Shiverers	3
28.59	515	F	01/03/14	Sussex County Champs & Age Group Comp	Crawley	Shiverers	2
28.66	512	F	08/09/18	Ken Deeley Open	Brighton	Shiverers	3
28.67	511	H	12/01/14	Tom Handley Memorial Open Meet 2014	Brighton	Shiverers	2
28.76	506	F	01/02/20	Cheshire County Championships	Macclesfield LC	Warrington W	2
28.78	505	H	01/02/20	Cheshire County Championships	Macclesfield LC	Warrington W	2
28.86	501	H	02/03/13	Sussex County Championships	Crawley	Shiverers	2
28.97	495	F	13/09/14	Ken Deeley 50m Sprint Meet	Brighton	Shiverers	3
29.09	489	F	17/10/21	Sussex County ASA Winter Competition	Crawley		2
29.10	489	H	14/01/12	Brighton Tom Handley Memorial Open Meet	Brighton	Shiverers	2
29.10	489	F	14/01/12	Brighton Tom Handley Memorial Open Meet	Brighton	Shiverers	2
29.30	479	H	13/01/13	Brighton SC Tom Handley Memorial Meet	Brighton	Shiverers	2
29.41	473	F	14/09/13	Brighton Ken Deeley 50m Sprint Meet	Brighton	Shiverers	3
29.45	472	F	24/11/12	Atlantis Christmas Cracker Open Meet	Horsham	Shiverers	3
29.55	467	F	07/07/12	Haslemere SC Summer Open Meet	Haslemere	Shiverers	3
29.58	465	F	18/01/13	Sussex Seahawks Development Meet	Brighton	Shiverers	4
29.94	449	F	15/09/12	Brighton SC Ken Deeley 50m Sprint Meet	Brighton	Shiverers	3
30.32	432	F	26/11/11	Atlantis Horsham Christmas Cracker Meet	Horsham	Shiverers	3
31.08	401	H	20/03/11	Sussex County Championships	Crawley	Shiverers	2
31.14	399	H	17/09/11	Brighton SC Ken Deeley 50m Sprint Meet	Brighton	Shiverers	3
31.74	377	H	16/01/11	Brighton Tom Handley Memorial Meet	Brighton	Shiverers	2
32.10	364		10/04/11	Littlehampton Last Chance Qualifier	Felpham	Shiverers	2
33.06	333	F	24/10/10	Haslemere Autumn Meet	Haslemere	Shiverers	2
33.60	317	H	18/09/10	Ken Deeley 50m Sprint Meet	Brighton	Shiverers	3
33.74	313		25/04/10	Littlehampton Qualifier	Felpham	Shiverers	2
33.80	312	H	17/07/10	Fareham Nomads Open	Southampton	Shiverers	3
34.59	291	H	10/01/10	Tom Handley Age Grp Meet	Brighton	Shiverers	2
35.46	270		06/12/09	Atlantis Christmas Cracker	Horsham	Shiverers	2
35.85	261	H	22/02/09	Sussex County Champs	Crawley	Shiverers	2
37.72	224		07/12/08	Littlehampton Advent Meet	Bognor Regis	Shiverers	3
37.75	224		28/09/08	Littlehampton Dev Chaser	Bognor Regis	Shiverers	3
37.89	221	H	23/02/08	Sussex County Champs	Crawley	Shiverers	2
44.32	138		30/09/07	Littlehampton Chaser Open	Bognor Regis	Shiverers	3

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28.15	540	F	19/12/21	Shiverers Club Championships	Hove		4
29.09	489	F	17/10/21	Sussex County ASA Winter Competition	Crawley		2
28.76	506	F	01/02/20	Cheshire County Championships	Macclesfield LC	Warrington W	2
28.78	505	H	01/02/20	Cheshire County Championships	Macclesfield LC	Warrington W	2
28.41	525	H	16/11/19	BUCS Short Course Swimming Championships 2019	Sheffield		2
28.06	545	F	03/11/19	Swim England North West Winter Championships 2019	Manchester	Warrington W	2
28.13	541	H	03/11/19	Swim England North West Winter Championships 2019	Manchester	Warrington W	2
27.66	569	H	10/11/18	BUCS Short Course Swimming Championships 2018	Sheffield		2
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28.66	512	F	08/09/18	Ken Deeley Open	Brighton	Shiverers	3
28.36	528	H	27/01/18	Hertfordshire County Championships	Borehamwood	Hatfield	2
28.30	531	F	03/12/17	HATFIELD XMAS MEET 2017	HERTFORDSHIRE	Hatfield	3
28.15	540	H	03/12/17	HATFIELD XMAS MEET 2017	HERTFORDSHIRE	Hatfield	3
28.00	549	F	09/09/17	Brighton Ken Deeley Open	Crawley	Shiverers	3

28.31	531	H	15/01/17	Tom Handley Open Meet	Brighton	Shiverers	3
28.22	536	F	27/11/16	Atlantis Christmas Cracker Open Meet	Horsham	Shiverers	3
28.14	541	H	05/11/16	ASA South East Region Winter Championships 2016	Portsmouth	Shiverers	2
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28.06	545	H	07/11/15	ASA South East Region Winter Championships 2015	Portsmouth	Shiverers	2
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28.29	532	F	12/04/15	Littlehampton Last Chance Regional Qualifier	Bognor Regis	Shiverers	3
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29.55	467	F	07/07/12	Haslemere SC Summer Open Meet	Haslemere	Shiverers	3
29.10	489	F	14/01/12	Brighton Tom Handley Memorial Open Meet	Brighton	Shiverers	2
29.10	489	H	14/01/12	Brighton Tom Handley Memorial Open Meet	Brighton	Shiverers	2
30.32	432	F	26/11/11	Atlantis Horsham Christmas Cracker Meet	Horsham	Shiverers	3
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