

Individual Best Times (All Time)

Sophie Quach - (228759) - Shiverers SC - 50 Backstroke - 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
31.16	532	H	07/11/15	ASA South East Region Winter Championships 2015	Portsmouth	Shiverers	2
31.18	531	F	28/11/15	Atlantis Horsham Christmas Cracker Meet	Horsham	Shiverers	3
31.30	524	F	09/01/16	Tom Handley Memorial Trophy Meet	Brighton	Shiverers	3
31.46	517	H	05/11/16	ASA South East Region Winter Championships 2016	Portsmouth	Shiverers	2
31.51	514	F	25/10/15	Sussex County ASA Winter Competition 2015	Horsham	Shiverers	2
31.54	513	F	29/11/14	Portsmouth Northsea Christmas Cracker	Portsmouth	Shiverers	2
31.65	507	F	15/10/16	Sussex County ASA Winter Short Competition 2016	Crawley	Shiverers	2
31.65	507	F	14/01/17	Tom Handley Open Meet	Brighton	Shiverers	3
31.66	507	F	12/04/15	Littlehampton Last Chance Regional Qualifier	Bognor Regis	Shiverers	3
31.69	505	H	06/12/14	ASA South East Region Championships	Portsmouth	Shiverers	2
31.95	493	H	07/11/21	SE South East Open/Junior Swimming Championships	Winchester	Shiverers	2
31.98	492	F	15/03/14	Sussex County Championships	Crawley	Shiverers	2
32.04	489	F	16/01/16	Shiverers Development Meet	Hove	Shiverers	4
32.06	488	H	23/05/21	Hatfield	Hertfordshire Swim V	Hatfield	0
32.07	488	F	12/09/15	Brighton Ken Deeley Open	Brighton	Shiverers	3
32.08	487	H	28/10/18	Hatfield Club Championships 2018	Hertfordshire	Hatfield	4
32.10	486	F	17/10/21	Sussex County ASA Winter Competition	Crawley		2
32.11	486	H	03/12/17	HATFIELD XMAS MEET 2017	HERTFORDSHIRE	Hatfield	3
32.13	485	F	10/09/16	Brighton Ken Deeley Open	Brighton	Shiverers	3
32.27	479	F	01/12/13	Atlantis Christmas Cracker Open Meet	Horsham	Shiverers	3
32.28	478	F	16/03/13	Sussex County Championship	Crawley	Shiverers	2
32.30	477	F	03/12/17	HATFIELD XMAS MEET 2017	HERTFORDSHIRE	Hatfield	3
32.43	472	F	25/11/12	Atlantis Christmas Cracker Open Meet	Horsham	Shiverers	3
32.46	470	F	27/11/21	Atlantis Christmas Cracker 2021	Horsham		3
32.55	466	F	09/09/17	Brighton Ken Deeley Open	Crawley	Shiverers	3
32.59	465	F	13/09/14	Ken Deeley 50m Sprint Meet	Brighton	Shiverers	3
33.53	465	F	07/01/17	Heilshem Dual Meet	Eastbourne	Shiverers	4

32.39	403	F	07/01/17	Hailsham Duel Meet	Eastbourne	Shiverers	
32.62	463	F	26/10/14	Sussex County Winter Meet	Horsham	Shiverers	2
32.65	462	F	14/09/13	Brighton Ken Deeley 50m Sprint Meet	Brighton	Shiverers	3
33.09	444	F	15/09/12	Brighton SC Ken Deeley 50m Sprint Meet	Brighton	Shiverers	3
33.25	437	F	07/07/12	Haslemere SC Summer Open Meet	Haslemere	Shiverers	3
33.45	430	H	27/01/18	Hertfordshire County Championships	Borehamwood	Hatfield	2
34.30	398	F	27/11/11	Atlantis Horsham Christmas Cracker Meet	Horsham	Shiverers	3
34.92	378	H	17/09/11	Brighton SC Ken Deeley 50m Sprint Meet	Brighton	Shiverers	3
36.22	338	H	17/03/12	Sussex County Championships	Crawley	Shiverers	2
37.81	297	H	18/09/10	Ken Deeley 50m Sprint Meet	Brighton	Shiverers	3
38.18	289	F	05/12/10	Atlantis Xmas Open Meet	Horsham	Shiverers	2
38.99	271	H	17/07/10	Fareham Nomads Open	Southampton	Shiverers	3
41.25	229		25/04/09	Littlehampton Last Chance	Portsmouth	Shiverers	2
41.38	227	H	26/10/08	Sussex County Development	Brighton	Shiverers	3
42.86	204		07/12/08	Littlehampton Advent Meet	Bognor Regis	Shiverers	3
43.05	201	F	23/02/08	Sussex County Champs	Crawley	Shiverers	2
43.06	201	H	23/02/08	Sussex County Champs	Crawley	Shiverers	2

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