

Individual Best Times (All Time)

Sophie Quach - (228759) - Shiverers SC - 100 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
1:07.69	533	F	08/10/16	NASL London	Hatfield	Shiverers	3
1:08.22	520	F	12/11/16	NASL London	Hatfield	Shiverers	3
1:08.25	520	F	14/11/15	National Arena League-London Premier Div-Round123	Harlow	Shiverers	2
1:08.27	519	F	27/11/16	Atlantis Christmas Cracker Open Meet	Horsham	Shiverers	3
1:08.77	508	F	13/11/21	The National Arena Swimming League London Round 2	London		2
1:08.80	507	F	14/01/17	Tom Handley Open Meet	Brighton	Shiverers	3
1:08.81	507	F	12/12/15	National Arena League-London Premier Div-Round123	Harlow	Shiverers	2
1:08.84	506	F	16/10/16	Sussex County ASA Winter Short Competition 2016	Crawley	Shiverers	2
1:08.84	506	H	06/11/16	ASA South East Region Winter Championships 2016	Portsmouth	Shiverers	2
1:08.87	506	H	20/01/18	Hertfordshire County Championships	Borehamwood		2
1:08.90	505	F	14/10/17	NASL - London Rounds 2017 - Premier Division	Becontree	Shiverers	2
1:09.03	502	F	09/01/16	Tom Handley Memorial Trophy Meet	Brighton	Shiverers	3
1:09.11	501	F	13/12/14	NASL London Rounds Premier Division	Hatfield	Shiverers	2
1:09.39	494	H	20/01/18	Hertfordshire County Championships	Borehamwood	Hatfield	2
1:09.41	494	F	09/11/13	The National Arena Swimming League London	Hatfield	Shiverers	2
1:09.44	493	F	12/04/15	Littlehampton Last Chance Regional Qualifier	Bognor Regis	Shiverers	3
1:09.44	493	F	01/11/15	Sussex County ASA Winter Competition 2015	Horsham	Shiverers	2
1:09.47	493	F	24/09/16	2016 Shiverers Club Championships	Hove	Shiverers	4
1:09.49	492	F	10/12/16	NASL London	Harlow		3
1:09.67	489	F	30/11/13	Atlantis Christmas Cracker Open Meet	Horsham	Shiverers	3
1:09.69	488	F	10/10/15	National Arena League-London Premier Div-Round123	Harlow	Shiverers	2
1:09.76	487	F	12/10/13	The National Arena Swimming League London	Hertfordshire	Shiverers	2
1:09.76	487	F	02/03/14	Sussex County Champs & Age Group Comp	Crawley	Shiverers	2
1:09.80	486	F	25/01/15	Cranleigh January Open Meet 2015	Cranleigh	Shiverers	3
1:09.82	485	F	11/01/14	Tom Handley Memorial Open Meet 2014	Brighton	Shiverers	2
1:09.95	483	F	09/10/21	The National Arena Swimming League London Round 1	London		2
1:10.06	480	F	15/06/13	Shiverers Club Championships	Hove	Shiverers	4

1:10.06	400	F	13/06/13	Shiverers Club Championships	Hove	Shiverers	2
1:10.17	478	F	14/12/13	London National Arena Swimming League	Hertfordshire	Shiverers	2
1:10.18	478	F	08/11/14	NASL London Premier Division	Harlow	Shiverers	2
1:10.23	477	F	11/11/17	NASL - London Rounds 2017 - Premier Division	Harlow	Shiverers	2
1:10.24	477	F	10/01/15	Brighton Tom Handley Open Meet	Brighton	Shiverers	2
1:10.44	473	F	27/04/13	Atlantis SC 2013 Spring Open Meet	Horsham	Shiverers	3
1:10.52	471	F	03/03/13	Sussex County Championships	Crawley	Shiverers	2
1:10.92	463	F	27/10/14	Sussex County Winter Meet	Horsham	Shiverers	2
1:11.06	460	F	15/02/14	Sussex Secondary Schools Individual Champs	Horsham	Shiverers	3
1:11.44	453	H	14/01/12	Brighton Tom Handley Memorial Open Meet	Brighton	Shiverers	2
1:11.56	451	F	02/02/14	Atlantis Horsham 2014 Chaser Open Meet	Horsham	Shiverers	2
1:11.81	446	F	07/07/13	Haslemere Summer Open Meet	Haslemere	Shiverers	3
1:11.91	444	H	03/03/13	Sussex County Championships	Crawley	Shiverers	2
1:12.06	441	F	02/02/13	Sussex Schools Championships 2013	Horsham	Shiverers	2
1:12.24	438	F	19/01/13	Sussex Seahawks Development Meet	Brighton	Shiverers	4
1:12.39	435	F	04/02/12	Sussex Schools Swimming Assoc Champs	Crawley	Shiverers	2
1:12.61	432	F	26/02/12	Sussex County Championships	Crawley	Shiverers	2
1:12.65	431	F	21/10/12	Eastbourne County Qualifier Open Meet	Eastbourne	Shiverers	3
1:13.11	423	F	10/02/13	Atlantis SC 2013 Regional National Chaser	Horsham	Shiverers	2
1:13.52	416	H	26/02/12	Sussex County Championships	Crawley	Shiverers	2
1:13.98	408	F	27/06/14	Shiverers Club Championships	Hove	Shiverers	4
1:14.07	406	F	26/11/11	Atlantis Horsham Christmas Cracker Meet	Horsham	Shiverers	3
1:14.60	398	F	15/06/12	Shiverers Club Championships	Hove	Shiverers	4
1:15.24	388	F	25/03/12	Atlantis Regional-National Chaser Open	Horsham	Shiverers	2
1:18.37	343		16/10/11	James Moreno Open Meet	Southampton	Shiverers	2
1:18.68	339	H	20/02/11	Sussex County Championships	Crawley	Shiverers	2
1:19.43	330	H	15/01/11	Brighton Tom Handley Memorial Meet	Brighton	Shiverers	2
1:19.92	323		10/04/11	Littlehampton Last Chance Qualifier	Felpham	Shiverers	2
1:20.01	322	H	31/10/10	Sussex County Development	Brighton	Shiverers	4
1:22.36	296	F	24/10/10	Haslemere Autumn Meet	Haslemere	Shiverers	2
1:22.87	290	H	14/03/10	Sussex County Champs	Crawley	Shiverers	2
1:22.97	289	F	27/03/10	Sussex Schools Champs	Brighton	Shiverers	2
1:23.58	283		25/04/10	Littlehampton Qualifier	Felpham	Shiverers	2
1:25.63	263		25/04/09	Littlehampton Last Chance	Portsmouth	Shiverers	2
1:28.46	238		18/10/09	Southampton James Moreno	Southampton	Shiverers	2
1:29.00	234	H	19/07/09	Fareham Nomads Open	Southampton	Shiverers	3
1:38.39	173		07/12/08	Littlehampton Advent Meet	Bognor Regis	Shiverers	3

Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
1:08.77	508	F	13/11/21	The National Arena Swimming League London Round 2	London		2
1:09.95	483	F	09/10/21	The National Arena Swimming League London Round 1	London		2
1:09.39	494	H	20/01/18	Hertfordshire County Championships	Borehamwood	Hatfield	2
1:08.87	506	H	20/01/18	Hertfordshire County Championships	Borehamwood		2
1:10.23	477	F	11/11/17	NASL - London Rounds 2017 - Premier Division	Harlow	Shiverers	2
1:08.90	505	F	14/10/17	NASL - London Rounds 2017 - Premier Division	Becontree	Shiverers	2
1:08.80	507	F	14/01/17	Tom Handley Open Meet	Brighton	Shiverers	3
1:09.49	492	F	10/12/16	NASL London	Harlow		3
1:08.27	519	F	27/11/16	Atlantis Christmas Cracker Open Meet	Horsham	Shiverers	3
1:08.22	520	F	12/11/16	NASL London	Hatfield	Shiverers	3
1:08.84	506	H	06/11/16	ASA South East Region Winter Championships 2016	Portsmouth	Shiverers	2
1:08.84	506	F	16/10/16	Sussex County ASA Winter Short Competition 2016	Crawley	Shiverers	2
1:07.69	533	F	08/10/16	NASL London	Hatfield	Shiverers	3

1:09.47	493	F	24/09/16	2016 Shiverers Club Championships	Hove	Shiverers	4
1:09.03	502	F	09/01/16	Tom Handley Memorial Trophy Meet	Brighton	Shiverers	3
1:08.81	507	F	12/12/15	National Arena League-London Premier Div-Round123	Harlow	Shiverers	2
1:08.25	520	F	14/11/15	National Arena League-London Premier Div-Round123	Harlow	Shiverers	2
1:09.44	493	F	01/11/15	Sussex County ASA Winter Competition 2015	Horsham	Shiverers	2
1:09.69	488	F	10/10/15	National Arena League-London Premier Div-Round123	Harlow	Shiverers	2
1:09.44	493	F	12/04/15	Littlehampton Last Chance Regional Qualifier	Bognor Regis	Shiverers	3
1:09.80	486	F	25/01/15	Cranleigh January Open Meet 2015	Cranleigh	Shiverers	3
1:10.24	477	F	10/01/15	Brighton Tom Handley Open Meet	Brighton	Shiverers	2
1:09.11	501	F	13/12/14	NASL London Rounds Premier Division	Hatfield	Shiverers	2
1:10.18	478	F	08/11/14	NASL London Premier Division	Harlow	Shiverers	2
1:10.92	463	F	27/10/14	Sussex County Winter Meet	Horsham	Shiverers	2
1:13.98	408	F	27/06/14	Shiverers Club Championships	Hove	Shiverers	4
1:09.76	487	F	02/03/14	Sussex County Champs & Age Group Comp	Crawley	Shiverers	2
1:11.06	460	F	15/02/14	Sussex Secondary Schools Individual Champs	Horsham	Shiverers	3
1:11.56	451	F	02/02/14	Atlantis Horsham 2014 Chaser Open Meet	Horsham	Shiverers	2
1:09.82	485	F	11/01/14	Tom Handley Memorial Open Meet 2014	Brighton	Shiverers	2
1:10.17	478	F	14/12/13	London National Arena Swimming League	Hertfordshire	Shiverers	2
1:09.67	489	F	30/11/13	Atlantis Christmas Cracker Open Meet	Horsham	Shiverers	3
1:09.41	494	F	09/11/13	The National Arena Swimming League London	Hatfield	Shiverers	2
1:09.76	487	F	12/10/13	The National Arena Swimming League London	Hertfordshire	Shiverers	2
1:11.81	446	F	07/07/13	Haslemere Summer Open Meet	Haslemere	Shiverers	3
1:10.06	480	F	15/06/13	Shiverers Club Championships	Hove	Shiverers	4
1:10.44	473	F	27/04/13	Atlantis SC 2013 Spring Open Meet	Horsham	Shiverers	3
1:10.52	471	F	03/03/13	Sussex County Championships	Crawley	Shiverers	2
1:11.91	444	H	03/03/13	Sussex County Championships	Crawley	Shiverers	2
1:13.11	423	F	10/02/13	Atlantis SC 2013 Regional National Chaser	Horsham	Shiverers	2
1:12.06	441	F	02/02/13	Sussex Schools Championships 2013	Horsham	Shiverers	2
1:12.24	438	F	19/01/13	Sussex Seahawks Development Meet	Brighton	Shiverers	4
1:12.65	431	F	21/10/12	Eastbourne County Qualifier Open Meet	Eastbourne	Shiverers	3
1:14.60	398	F	15/06/12	Shiverers Club Championships	Hove	Shiverers	4
1:15.24	388	F	25/03/12	Atlantis Regional-National Chaser Open	Horsham	Shiverers	2
1:12.61	432	F	26/02/12	Sussex County Championships	Crawley	Shiverers	2
1:13.52	416	H	26/02/12	Sussex County Championships	Crawley	Shiverers	2
1:12.39	435	F	04/02/12	Sussex Schools Swimming Assoc Champs	Crawley	Shiverers	2
1:11.44	453	H	14/01/12	Brighton Tom Handley Memorial Open Meet	Brighton	Shiverers	2
1:14.07	406	F	26/11/11	Atlantis Horsham Christmas Cracker Meet	Horsham	Shiverers	3
1:18.37	343		16/10/11	James Moreno Open Meet	Southampton	Shiverers	2
1:19.92	323		10/04/11	Littlehampton Last Chance Qualifier	Felpham	Shiverers	2
1:18.68	339	H	20/02/11	Sussex County Championships	Crawley	Shiverers	2
1:19.43	330	H	15/01/11	Brighton Tom Handley Memorial Meet	Brighton	Shiverers	2
1:20.01	322	H	31/10/10	Sussex County Development	Brighton	Shiverers	4
1:22.36	296	F	24/10/10	Haslemere Autumn Meet	Haslemere	Shiverers	2
1:23.58	283		25/04/10	Littlehampton Qualifier	Felpham	Shiverers	2
1:22.97	289	F	27/03/10	Sussex Schools Champs	Brighton	Shiverers	2
1:22.87	290	H	14/03/10	Sussex County Champs	Crawley	Shiverers	2
1:28.46	238		18/10/09	Southampton James Moreno	Southampton	Shiverers	2
1:29.00	234	H	19/07/09	Fareham Nomads Open	Southampton	Shiverers	3
1:25.63	263		25/04/09	Littlehampton Last Chance	Portsmouth	Shiverers	2
1:38.39	173		07/12/08	Littlehampton Advent Meet	Bognor Regis	Shiverers	3