

Individual Best Times (All Time)

Sophie Quach - (228759) - Shiverers SC - 50 Breaststroke - 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
35.06	529	H	02/11/19	Swim England North West Winter Championships 2019	Manchester	Warrington W	2
35.19	523	F	02/11/19	Swim England North West Winter Championships 2019	Manchester	Warrington W	2
35.49	510	H	04/11/18	Swim England East Region Short Course Championship	Luton	Hatfield	2
36.03	488	F	08/09/18	Ken Deeley Open	Brighton	Shiverers	3
36.03	488	F	17/10/21	Sussex County ASA Winter Competition	Crawley		2
36.24	479	H	13/06/21	Hatfield	Hertfordshire	Hatfield	0
36.59	466	F	09/09/17	Brighton Ken Deeley Open	Crawley	Shiverers	3
37.14	445	F	27/11/16	Atlantis Christmas Cracker Open Meet	Horsham	Shiverers	3
38.16	410	F	10/09/16	Brighton Ken Deeley Open	Brighton	Shiverers	3
38.26	407	F	16/01/16	Shiverers Development Meet	Hove	Shiverers	4
38.49	400	F	12/09/15	Brighton Ken Deeley Open	Brighton	Shiverers	3
38.69	394	F	13/09/14	Ken Deeley 50m Sprint Meet	Brighton	Shiverers	3
38.74	392	F	25/01/15	Cranleigh January Open Meet 2015	Cranleigh	Shiverers	3
39.17	379	H	02/03/13	Sussex County Championships	Crawley	Shiverers	2
39.91	359	H	25/02/12	Sussex County Championships	Crawley	Shiverers	2
40.27	349	F	30/11/13	Atlantis Christmas Cracker Open Meet	Horsham	Shiverers	3
40.44	345	F	14/09/13	Brighton Ken Deeley 50m Sprint Meet	Brighton	Shiverers	3
41.02	330	F	07/07/13	Haslemere Summer Open Meet	Haslemere	Shiverers	3
41.11	328	F	15/09/12	Brighton SC Ken Deeley 50m Sprint Meet	Brighton	Shiverers	3
42.93	288	H	17/09/11	Brighton SC Ken Deeley 50m Sprint Meet	Brighton	Shiverers	3
46.75	223	H	18/09/10	Ken Deeley 50m Sprint Meet	Brighton	Shiverers	3
50.13	181		25/04/09	Littlehampton Last Chance	Portsmouth	Shiverers	2
53.00	153		28/09/08	Littlehampton Dev Chaser	Bognor Regis	Shiverers	3
57.26	121		30/09/07	Littlehampton Chaser Open	Bognor Regis	Shiverers	3

Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
36.03	488	F	17/10/21	Sussex County ASA Winter Competition	Crawley		2
36.24	479	H	13/06/21	Hatfield	Hertfordshire	Hatfield	0
35.19	523	F	02/11/19	Swim England North West Winter Championships 2019	Manchester	Warrington W	2
35.06	529	H	02/11/19	Swim England North West Winter Championships 2019	Manchester	Warrington W	2
35.49	510	H	04/11/18	Swim England East Region Short Course Championship	Luton	Hatfield	2
36.03	488	F	08/09/18	Ken Deeley Open	Brighton	Shiverers	3
36.59	466	F	09/09/17	Brighton Ken Deeley Open	Crawley	Shiverers	3
37.14	445	F	27/11/16	Atlantis Christmas Cracker Open Meet	Horsham	Shiverers	3
38.16	410	F	10/09/16	Brighton Ken Deeley Open	Brighton	Shiverers	3
38.26	407	F	16/01/16	Shiverers Development Meet	Hove	Shiverers	4
38.49	400	F	12/09/15	Brighton Ken Deeley Open	Brighton	Shiverers	3
38.74	392	F	25/01/15	Cranleigh January Open Meet 2015	Cranleigh	Shiverers	3
38.69	394	F	13/09/14	Ken Deeley 50m Sprint Meet	Brighton	Shiverers	3
40.27	349	F	30/11/13	Atlantis Christmas Cracker Open Meet	Horsham	Shiverers	3
40.44	345	F	14/09/13	Brighton Ken Deeley 50m Sprint Meet	Brighton	Shiverers	3
41.02	330	F	07/07/13	Haslemere Summer Open Meet	Haslemere	Shiverers	3
39.17	379	H	02/03/13	Sussex County Championships	Crawley	Shiverers	2
41.11	328	F	15/09/12	Brighton SC Ken Deeley 50m Sprint Meet	Brighton	Shiverers	3
39.91	359	H	25/02/12	Sussex County Championships	Crawley	Shiverers	2
42.93	288	H	17/09/11	Brighton SC Ken Deeley 50m Sprint Meet	Brighton	Shiverers	3
46.75	223	H	18/09/10	Ken Deeley 50m Sprint Meet	Brighton	Shiverers	3
50.13	181		25/04/09	Littlehampton Last Chance	Portsmouth	Shiverers	2
53.00	153		28/09/08	Littlehampton Dev Chaser	Bognor Regis	Shiverers	3
57.26	121		30/09/07	Littlehampton Chaser Open	Bognor Regis	Shiverers	3