

Individual Best Times (All Time)

Sophie Abbey - (1121433) - Chesham SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
100 Freestyle	1:07.20	1:05.90	455	12/01/20	BSBASA County Championships	Wycombe	SE200053	1
200 Freestyle	2:20.63	2:18.10	516	29/06/19	Bishops Stortford Long Course Open Meet	Luton	ER190059	3
400 Freestyle	5:01.67	4:57.00	475	26/01/19	Berkshire & S Buckinghamshire County Champs 2019	Wycombe	SE190016	1
50 Backstroke	34.75	34.20	461	26/01/20	BSBASA County Championships	Wycombe	SE200054	1
100 Backstroke	1:16.35	1:15.30	423	25/01/20	BSBASA County Championships	Wycombe	SE200054	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.45	31.10	427	23/11/19	Chesham Club Championships 2019	Chesham	SE193056	4
100 Freestyle	1:04.77	1:06.00	466	07/03/20	Watford March 2020 Regional Qualifier	Garston	ER200339	3
200 Freestyle	2:19.93	2:22.40	489	01/12/18	City Of St Albans Open Meet Winter 2018	St Albans	ER182062	3
400 Freestyle	4:52.91	4:57.70	492	24/11/18	Chesham Club Championships 2018	Chesham	SE182567	4
800 Freestyle	10:17.28	10:26.60	462	23/11/19	Chesham Club Championships 2019	Chesham	SE193056	4
50 Breaststroke	46.81	47.50	222	25/06/17	Chalfont Otters Summer Sprint	Northolt	SE171246	3
100 Breaststroke	1:42.83	1:44.10	223	10/12/16	NASLS - Round 3	Crawley	SE162563	3
50 Butterfly	35.41	35.90	326	18/11/18	Chesham Club Championships 2018	Chesham	SE182566	4
100 Butterfly	1:19.56	1:20.50	313	08/12/18	National Arena Swimming League South R3 2018	Fleet	SE182774	3
50 Backstroke	33.58	34.20	425	17/11/19	Hatfield County Qualifier Meet 2019	Hatfield	ER192847	3
100 Backstroke	1:13.29	1:14.40	420	27/10/19	Team Luton Autumn Short Course Open Meet	Inspire; Luton	ER191555	3
200 Individual Medley	2:51.89	2:54.20	356	17/11/17	Chesham Club Championships 2017	Chesham	SE172287	4
100 Individual Medley	1:24.32	1:24.30	301	03/12/17	Potters Bar Last Chance County Qualifier	Hertfordshire	ER171091	3