

Individual Best Times (All Time)

Sophie Ackerley - (1326914) - Guildford City Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.75	28.00	553	11/02/18	Somerset County Championships 2018	Millfield	SW180230	1
100 Freestyle	1:03.12	1:01.80	549	25/01/18	Somerset County Championships 2018	Millfield	SW180229	1
200 Freestyle	2:22.12	2:19.70	500	29/06/18	XXXI CCCAN Swimming Champs 2018	Aruba	GBR775	1
50 Breaststroke	47.44	46.80	232	15/05/15	New Member Long Course	England	OVE404	1
100 Breaststroke	1:44.34	1:43.10	232	15/05/15	New Member Long Course	England	OVE404	1
50 Butterfly	32.76	32.20	414	24/01/18	Somerset County Championships 2018	Millfield	SW180229	1
100 Butterfly	1:16.51	1:15.50	381	29/06/18	XXXI CCCAN Swimming Champs 2018	Aruba	GBR775	1
50 Backstroke	32.34	31.70	572	29/06/18	XXXI CCCAN Swimming Champs 2018	Aruba	GBR775	1
100 Backstroke	1:11.66	1:10.50	512	29/06/18	XXXI CCCAN Swimming Champs 2018	Aruba	GBR775	1
200 Backstroke	2:37.05	2:34.90	482	13/05/18	ASA SWR Summer Championships	Bristol	SW180513	1
200 Individual Medley	2:47.82	2:45.50	424	10/02/18	Somerset County Championships 2018	Millfield	SW180230	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.71	29.40	509	21/04/18	Yeovil & District Spring Fling 2018 Open Meet	Millfield	SW180117	3
100 Freestyle	1:02.39	1:03.70	522	15/02/18	CIASA National Championships 2018	Cayman Islands	GBR652	2
200 Freestyle	2:20.81	2:23.30	480	17/11/18	Team Bath AS Autumn Meet	Bristol	SW182021	2
50 Breaststroke	45.29	46.00	245	11/06/17	Taunton Deane & Millfield Short Course Sprint Meet	Millfield	SW170604	3
100 Breaststroke	1:42.60	1:43.80	224	03/12/16	Taunton & Street Level 3 Meet	Weston Super Mare	SW161418	3
50 Butterfly	32.60	33.20	418	15/02/18	CIASA National Championships 2018	Cayman Islands	GBR652	2
100 Butterfly	1:14.71	1:15.70	378	15/02/18	CIASA National Championships 2018	Cayman Islands	GBR652	2
50 Backstroke	31.87	32.50	497	21/10/18	Millfield School & Street SC TYR	Millfield School	SW181181	2
100 Backstroke	1:10.55	1:11.70	470	13/12/19	2019 Coconut Cup	Cayman Islands	GBR1292	3
200 Backstroke	2:32.54	2:34.70	474	15/02/18	CIASA National Championships 2018	Cayman Islands	GBR652	2
200 Individual Medley	2:49.40	2:51.70	372	08/10/17	Exeter October Meet	Plymouth	SW171101	2
100 Individual Medley	1:16.81	1:16.80	398	08/10/17	Exeter October Meet	Plymouth	SW171101	2