

Individual Best Times (All Time)

Sophie Almond - (1397419) - Morpeth SC

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	36.53	37.10	247	11/01/20	Peterlee ASC & Derwentside New Year Meet 2020	Stanley	NE200002	3
100 Freestyle	1:13.00	1:14.10	326	27/03/22	Tynemouth ASC March Gala 2022	North Sheilds	NE220516	3
200 Freestyle	2:37.10	2:39.30	346	27/03/22	Tynemouth ASC March Gala 2022	North Sheilds	NE220516	3
400 Freestyle	5:28.42	5:32.70	349	27/03/22	Tynemouth ASC March Gala 2022	North Sheilds	NE220516	3
800 Freestyle	11:56.48	12:04.50	295	10/11/19	Northumberland Invitational Gala	Willowburn LC	NE192674	3
50 Breaststroke	45.88	46.60	236	15/01/22	Newcastle Swim Team County Qualifier	Tynemouth	NE220150	3
100 Breaststroke	1:43.87	1:45.10	216	13/10/19	Durham City Medley Challenge	Chester-le-Street	NE192679	3
200 Breaststroke	3:34.69	3:37.10	246	29/09/19	South Tyneside Autumn Meet 2019	South Shields	NE192675	3
50 Butterfly	42.63	43.10	187	19/05/19	Newcastle Swim Team Invitational Shrimp Meet	Stanley	NE191388	4
100 Butterfly	1:38.28	1:39.10	166	10/06/21	Morpeth	Morpeth Riverside	LEX1726	0
50 Backstroke	41.74	42.20	221	29/10/20	Morpeth ASC	Morpeth Riverside LC	LEX118	0
100 Backstroke	1:30.49	1:31.40	223	11/01/20	Peterlee ASC & Derwentside New Year Meet 2020	Stanley	NE200002	3
200 Individual Medley	3:07.95	3:10.00	272	29/09/19	South Tyneside Autumn Meet 2019	South Shields	NE192675	3
100 Individual Medley	1:25.97	1:26.00	284	27/03/22	Tynemouth ASC March Gala 2022	North Sheilds	NE220516	3