

# Individual Best Times (All Time)

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## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	25.68	24.90	539	24/03/19	City of Sunderland National Qualifier 2019	Sunderland	NE190554	1
100 Freestyle	52.21	50.60	723	28/05/23	Glasgow International Swim Meet	Tollcross	SCO2036	1
200 Freestyle	1:49.23	1:46.00	814	07/04/24	Speedo Aquatics GB Swimming Championships 2024	London	BSW026	1
400 Freestyle	3:57.02	3:51.00	800	10/03/24	Edinburgh International 2024	Edinburgh	SCO2160	1
50 Breaststroke	29.78	28.70	661	19/01/24	International Challenge de Geneve 2024	Geneva	GBR2235	1
100 Breaststroke	1:02.10	1:00.10	768	04/04/23	British Swimming Championships 2023	Sheffield	BSW024	1
200 Breaststroke	2:12.56	2:08.50	848	26/07/23	British Summer Championships	Sheffield	BSW025	1
50 Butterfly	27.86	27.20	510	13/01/19	City of Derby 17th Long Course Level 1 Open Meet	Sheffield	EM190118	1
100 Butterfly	1:03.93	1:02.70	462	12/01/19	City of Derby 17th Long Course Level 1 Open Meet	Sheffield	EM190118	1
100 Backstroke	1:00.63	59.30	616	27/05/24	AP Race International 2024	London	GBR2389	1
200 Backstroke	2:17.21	2:14.80	542	23/06/19	2019 Long Course Summer Open	London	LR191494	1
200 Individual Medley	2:01.32	1:58.00	829	27/07/23	British Summer Championships	Sheffield	BSW025	1
400 Individual Medley	4:17.31	4:10.40	837	04/04/24	Speedo Aquatics GB Swimming Championships 2024	London	BSW026	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	24.50	25.30	557	10/10/21	Ellesmere College Titans October Season Opener	Ellesmere	WM210489	4
100 Freestyle	50.56	52.20	697	04/12/21	Swim England National Winter Championships (25m)	Sheffield	ENG020	2
200 Freestyle	1:52.35	1:55.40	691	23/05/21	May Marker Meet	Ellesmere	WM210024	4
400 Freestyle	3:53.06	3:59.00	755	03/11/22	FINA World Cup 2022 - Leg 3	Indianapolis	GBR1821	2
50 Breaststroke	30.49	31.50	547	07/09/19	Leamington Spa Club Championships	Newbold Comyn	WM192225	4
100 Breaststroke	59.77	1:01.80	791	09/12/23	Scottish National Short Course Championships 2023	Edinburgh	SCO2114	2
200 Breaststroke	2:09.43	2:13.40	800	18/11/23	BUCS Short Course Swimming Championships 2023	Sheffield	NE232392	2
50 Butterfly	26.65	27.30	543	09/10/21	Ellesmere College Titans October Season Opener	Ellesmere	WM210489	4
100 Butterfly	57.28	58.60	580	27/06/21	Titans Term Target	Ellesmere	WM210091	4
200 Butterfly	2:07.57	2:10.00	587	20/11/22	BUCS Short Course 2022-23	Sheffield	NE222500	2
50 Backstroke	28.72	29.40	456	09/10/21	Ellesmere College Titans October Season Opener	Ellesmere	WM210489	4
100 Backstroke	59.68	1:01.00	531	26/06/21	Titans Term Target	Ellesmere	WM210091	4
200 Backstroke	2:12.34	2:14.80	508	07/12/18	Scottish National Short Course Open Swimming	Edinburgh	SCO1566	2
200 Individual Medley	1:58.48	2:01.70	792	19/11/23	BUCS Short Course Swimming Championships 2023	Sheffield	NE232392	2
400 Individual Medley	4:08.78	4:15.70	840	09/12/22	Scottish National Short Course Meet 2022	Edinburgh	SCO1961	2
100 Individual Medley	54.75	54.80	729	09/12/23	Scottish National Short Course Championships 2023	Edinburgh	SCO2114	2