

Individual Best Times (All Time)

Isla McPhail - (1108065) - West Dorset SC

Long Course

| Stroke | LC Time | Converted to SC | LC WA Pts | Date | Meet | Venue | Licence | Level |
|------------------|---------|-----------------|-----------|----------|---|----------|----------|-------|
| 50 Freestyle | 29.94 | 29.20 | 490 | 10/03/24 | Plymouth Leander March L1 National Qualifier 2024 | Plymouth | SW240330 | 1 |
| 100 Freestyle | 1:06.68 | 1:05.40 | 466 | 08/03/24 | Plymouth Leander March L1 National Qualifier 2024 | Plymouth | SW240330 | 1 |
| 200 Freestyle | 2:29.57 | 2:27.20 | 429 | 12/03/23 | PL Early Spring National Qualifier L1 Meet 2023 | Plymouth | SW230453 | 1 |
| 50 Breaststroke | 37.35 | 36.50 | 475 | 12/03/22 | Plymouth Leander Early Spring National Qualifier | Plymouth | SW220266 | 1 |
| 100 Breaststroke | 1:24.84 | 1:23.30 | 431 | 12/03/23 | PL Early Spring National Qualifier L1 Meet 2023 | Plymouth | SW230453 | 1 |
| 200 Breaststroke | 3:06.25 | 3:03.40 | 402 | 11/03/23 | PL Early Spring National Qualifier L1 Meet 2023 | Plymouth | SW230453 | 1 |

Short Course

| Stroke | SC Time | Converted to LC | SC WA Pts | Date | Meet | Venue | License | Level |
|-----------------------|----------|-----------------|-----------|----------|---|-----------------|----------|-------|
| 50 Freestyle | 29.61 | 30.30 | 464 | 14/01/23 | Dorset County Championships 2023 | Littledown | SW230025 | 2 |
| 100 Freestyle | 1:05.41 | 1:06.70 | 453 | 29/01/22 | Dorset County 2022 Championships & Age Group Comp | Littledown | SW220098 | 2 |
| 200 Freestyle | 2:24.51 | 2:26.90 | 444 | 15/01/23 | Dorset County Championships 2023 | Littledown | SW230025 | 2 |
| 400 Freestyle | 5:08.89 | 5:13.40 | 419 | 03/07/22 | Dorset County ASA Development Competition 2022 | Littledown | SW220752 | 3 |
| 800 Freestyle | 10:57.67 | 11:06.40 | 382 | 28/01/24 | Dorset County 2024 Championships & AG Competition | Dorchester | SW240065 | 2 |
| 50 Breaststroke | 36.95 | 37.80 | 452 | 28/01/23 | Dorset County Championships 2023 | Littledown | SW230027 | 2 |
| 100 Breaststroke | 1:21.81 | 1:23.30 | 442 | 04/02/24 | Dorset County 2024 Championships & AG Competition | Littledown | SW240066 | 2 |
| 200 Breaststroke | 3:01.95 | 3:04.80 | 404 | 28/01/23 | Dorset County Championships 2023 | Littledown | SW230027 | 2 |
| 50 Butterfly | 34.38 | 34.90 | 356 | 15/01/23 | Dorset County Championships 2023 | Littledown | SW230025 | 2 |
| 50 Backstroke | 41.81 | 42.30 | 220 | 13/12/20 | West Dorset | 1610 Dorchester | LEX957 | 0 |
| 100 Backstroke | 1:30.03 | 1:30.90 | 226 | 15/12/20 | West Dorset | 1610 Dorchester | LEX961 | 0 |
| 200 Individual Medley | 2:50.31 | 2:52.60 | 366 | 03/07/22 | Dorset County ASA Development Competition 2022 | Littledown | SW220752 | 3 |
| 100 Individual Medley | 1:16.75 | 1:16.80 | 399 | 14/01/23 | Dorset County Championships 2023 | Littledown | SW230025 | 2 |