

Individual Best Times (All Time)

Heather Mulvany - (1129072) - Cults Otters ASC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.96	29.30	489	01/05/16	COAST Long Course Meet	Aberdeen	SCO1116	1
100 Freestyle	1:03.20	1:01.90	547	02/04/17	Scottish National Age Group Championships	Aberdeen	SCO1270	1
200 Freestyle	2:15.39	2:12.80	579	02/04/17	Scottish National Age Group Championships	Aberdeen	SCO1270	1
400 Freestyle	4:42.13	4:37.10	580	03/05/14	Westhill Dolphin Drilling Invitational Meet 2014	Aberdeen	SCO836	2
800 Freestyle	9:45.00	9:35.00	569	05/03/16	North District Age Group Championships	Aberdeen	SCO1094	1
1500 Freestyle	18:43.65	18:25.10	549	05/02/17	North District Age Group Championships	Aberdeen	SCO1232	1
50 Breaststroke	41.01	40.20	359	31/05/14	North District SASA Grand Prix	Aberdeen	SCO851	1
100 Breaststroke	1:30.38	1:29.00	357	13/07/14	City of Sunderland ASC Summer Splash 2014	Sunderland	NE4760	3
200 Breaststroke	3:05.69	3:02.80	406	03/05/14	Westhill Dolphin Drilling Invitational Meet 2014	Aberdeen	SCO836	2
50 Butterfly	34.79	34.20	346	12/07/14	City of Sunderland ASC Summer Splash 2014	Sunderland	NE4760	3
50 Backstroke	32.26	31.60	577	05/02/17	North District Age Group Championships	Aberdeen	SCO1232	1
100 Backstroke	1:07.52	1:06.30	612	04/02/17	North District Age Group Championships	Aberdeen	SCO1232	1
200 Backstroke	2:23.88	2:21.50	626	06/02/17	North District Age Group Championships 2017	Aberdeen	SCO1255	1
200 Individual Medley	2:35.79	2:33.20	530	07/02/17	North District Age Group Championships 2017	Aberdeen	SCO1255	1
400 Individual Medley	5:29.87	5:24.50	523	05/03/16	North District Age Group Championships	Aberdeen	SCO1094	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.88	29.60	500	29/10/16	Carnegie Winter Open Meet	Glenrothes	SCO1190	2
100 Freestyle	1:00.45	1:01.80	574	09/12/16	Scottish National Short Course Championships	Edinburgh	SCO1210	1
200 Freestyle	2:08.50	2:11.20	632	30/10/16	Carnegie Winter Open Meet	Glenrothes	SCO1190	2
400 Freestyle	4:30.18	4:35.30	627	10/12/16	Scottish National Short Course Championships	Edinburgh	SCO1210	1
800 Freestyle	9:27.75	9:37.80	594	14/11/14	COAST Grand Prix	Aberdeen	SCO907	1
1500 Freestyle	18:11.09	18:29.80	576	29/06/13	SASA North District End of Season Champs	Fraserburgh	SCO746	1
50 Breaststroke	41.62	42.40	316	05/10/13	SASA North District Sprint Championships	Inverness	SCO765	1
100 Breaststroke	1:28.32	1:29.70	351	26/10/13	Carnegie Winter Meet 2013	Glenrothes	SCO770	2
200 Breaststroke	3:09.30	3:12.10	359	22/03/14	SASA North District Age Group Champs	Fraserburgh	SCO823	1
50 Butterfly	35.45	36.00	325	23/11/13	Cult Otters Club Championships	Aberdeen	SCO784	2
100 Butterfly	1:13.79	1:14.80	393	25/10/15	Carnegie Winter Open Meet	Dunfermline	SCO1031	2
200 Butterfly	2:57.28	2:59.10	307	19/04/14	FIRST Open Meet 2014	Bathgate	SCO828	2
50 Backstroke	31.26	31.90	527	09/12/16	Scottish National Short Course Championships	Edinburgh	SCO1210	1
100 Backstroke	1:06.08	1:07.30	573	11/12/16	Scottish National Short Course Championships	Edinburgh	SCO1210	1
200 Backstroke	2:17.03	2:19.40	653	10/12/16	Scottish National Short Course Championships	Edinburgh	SCO1210	1
200 Individual Medley	2:29.90	2:32.50	537	14/11/15	SASA North District Grand Prix 2015	Inverness	SCO1042	1
400 Individual Medley	5:24.36	5:29.70	508	04/10/14	SASA North District Open Meet	Inverness	SCO881	1
100 Individual Medley	1:09.56	1:09.60	536	30/10/16	Carnegie Winter Open Meet	Glenrothes	SCO1190	2