

# Individual Best Times (All Time)

Leah McNally - (1152922) - Bellshill Sharks ASC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	35.54	34.90	293	25/09/16	City of Sheffield Swim Squad 34th Annual Teaspoon	Sheffield	NE160268	3
50 Breaststroke	49.77	49.10	201	25/09/16	City of Sheffield Swim Squad 34th Annual Teaspoon	Sheffield	NE160268	3
50 Butterfly	41.69	41.20	201	25/09/16	City of Sheffield Swim Squad 34th Annual Teaspoon	Sheffield	NE160268	3
100 Butterfly	1:32.10	1:31.30	218	07/05/16	2016 Best in the West Open Meet	Glasgow	SCO1127	1
200 Butterfly	3:26.60	3:25.10	204	08/05/16	2016 Best in the West Open Meet	Glasgow	SCO1127	1
50 Backstroke	44.11	43.70	225	25/09/16	City of Sheffield Swim Squad 34th Annual Teaspoon	Sheffield	NE160268	3
200 Individual Medley	3:15.51	3:13.50	268	08/05/16	2016 Best in the West Open Meet	Glasgow	SCO1127	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	34.49	35.10	293	11/06/16	Open Age Group and Senior Meet 2016	Cumbernauld	SCO1146	2
100 Freestyle	1:14.68	1:15.80	304	05/11/16	Ren 96 Open Meet	Linwood	SCO1212	2
200 Freestyle	2:43.50	2:45.60	307	24/09/16	Rotherham Metro 'A' & 'B' Grade Meet	Sheffield	NE160600	3
400 Freestyle	5:42.76	5:46.80	307	26/11/16	Dumfries Advent Open 2016	Bellshill	SCO1205	2
800 Freestyle	12:18.80	12:26.60	269	04/09/16	North Ayrshire Distance Meet	Stevenston	SCO1164	2
1500 Freestyle	22:51.43	23:06.40	290	29/05/16	Rutherglen Rascals Graded Meet	Bellshill	SCO1136	2
50 Breaststroke	47.27	47.90	216	28/08/16	2016 SASA West District SR Champs	Glasgow	SCO1161	1
100 Breaststroke	1:43.36	1:44.60	219	24/09/16	Rotherham Metro 'A' & 'B' Grade Meet	Sheffield	NE160600	3
200 Breaststroke	3:50.83	3:53.10	198	03/09/16	North Ayrshire Distance Meet	Stevenston	SCO1164	2
50 Butterfly	39.46	39.90	235	21/05/16	Swim West Lothian IM Tough Meet	Livingston	SCO1134	2
100 Butterfly	1:27.06	1:27.90	239	29/01/17	Grangemouth MAGS 2017	Grangemouth	SCO1244	2
200 Butterfly	3:02.22	3:03.90	282	27/11/16	Dumfries Advent Open 2016	Bellshill	SCO1205	2
50 Backstroke	42.52	43.00	209	12/06/16	Open Age Group and Senior Meet 2016	Cumbernauld	SCO1146	2
100 Backstroke	1:27.69	1:28.60	245	27/11/16	Dumfries Advent Open 2016	Bellshill	SCO1205	2
200 Backstroke	3:17.95	3:19.60	216	09/04/16	Stirling Open Meet	Stirling	SCO1107	2
200 Individual Medley	3:05.93	3:08.00	281	22/10/16	Alloa Graded Meet	Stirling	SCO1192	2
400 Individual Medley	6:39.07	6:43.50	273	11/02/17	Bellshill Sharks Open Meet 2017	Glasgow	SCO1241	2
100 Individual Medley	1:25.49	1:25.50	288	29/10/16	Carnegie Winter Open Meet	Glenrothes	SCO1190	2