

Individual Best Times (All Time)

Beth Wilson - (1172013) - Cumbernauld ASC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.62	28.90	506	02/02/20	2020 WD Long Course Championships - WE2	Tollcross	SCO1783	1
100 Freestyle	1:04.33	1:03.00	519	01/03/20	2020 SS West District LC AG Pre-SNAG Meet	Glasgow	SCO1800	2
200 Freestyle	2:26.33	2:23.90	458	02/02/19	2019 SS West District LC Senior Age Group Champs	Glasgow	SCO1590	1
400 Freestyle	5:50.93	5:46.90	301	05/03/16	SASA West District LC AG Round 3	East Kilbride	SCO1092	1
100 Breaststroke	1:40.70	1:39.40	258	11/05/19	2019 WD Future Stars AG Open Meet	Tollcross	SCO1658	1
50 Butterfly	32.08	31.50	441	02/02/20	2020 WD Long Course Championships - WE2	Tollcross	SCO1783	1
100 Butterfly	1:14.53	1:13.50	412	30/03/19	Scottish National Age Group Championships	Tollcross	SCO1637	1
50 Backstroke	33.69	33.10	506	01/02/20	2020 WD Long Course Championships - WE2	Tollcross	SCO1783	1
100 Backstroke	1:14.94	1:13.90	447	29/02/20	2020 SS West District LC AG Pre-SNAG Meet	Glasgow	SCO1800	2
200 Backstroke	2:44.46	2:42.40	419	11/05/19	2019 WD Future Stars AG Open Meet	Tollcross	SCO1658	1
200 Individual Medley	2:47.64	2:45.30	425	03/03/19	2019 WD Long Course AG Pre-SNAG Meet	Glasgow	SCO1619	1
400 Individual Medley	6:21.22	6:16.60	339	04/02/18	2018 SS West District LC Age Group Championships	East Kilbride	SCO1409	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.28	30.00	480	01/09/18	2018 SS West District SC Sprints & Relay Champs	Tollcross	SCO1516	1
100 Freestyle	1:04.55	1:05.80	471	18/11/18	2018 SS West District SC Junior Age Group Champs	Glasgow	SCO1554	2
200 Freestyle	2:22.18	2:24.60	467	04/11/18	REN 96 Open Meet	Linwood	SCO1556	2
400 Freestyle	5:29.02	5:33.30	347	03/09/17	North Ayrshire Distance Meet	Portal	SCO1328	2
800 Freestyle	11:14.27	11:22.80	354	03/09/17	North Ayrshire Distance Meet	Portal	SCO1328	2
50 Breaststroke	44.98	45.70	250	16/12/17	Cumbernauld Christmas Sprints 2017	Cumbernauld	SCO1393	2
100 Breaststroke	1:34.35	1:35.70	288	10/03/19	Cumbernauld Spring Graded Meet 2019	Tryst Sports Centre	SCO1625	2
200 Breaststroke	4:13.76	4:15.80	149	26/10/14	Alloa Graded Meet 2014	Stirling	SCO891	2
50 Butterfly	31.63	32.20	457	09/06/19	Cumbernauld Open Age Group and Senior Meet	Tryst Sports Centre	SCO1678	2
100 Butterfly	1:13.66	1:14.70	395	03/11/18	REN 96 Open Meet	Linwood	SCO1556	2
200 Butterfly	2:53.05	2:54.90	330	17/11/19	2019 SS West District SC SAG Championships	Glasgow	SCO1746	2
50 Backstroke	33.39	34.00	432	09/06/19	Cumbernauld Open Age Group and Senior Meet	Tryst Sports Centre	SCO1678	2
100 Backstroke	1:11.66	1:12.80	449	17/11/19	2019 SS West District SC SAG Championships	Glasgow	SCO1746	2
200 Backstroke	2:43.45	2:45.50	385	22/06/19	Bellshill Sharks Summer Splash 2019	Sir Matt Busby,	SCO1687	2
200 Individual Medley	2:43.27	2:45.70	415	29/09/18	North Ayrshire Distance Meet	North Ayrshire	SCO1518	2
400 Individual Medley	5:48.99	5:54.00	408	29/09/18	North Ayrshire Distance Meet	North Ayrshire	SCO1518	2
100 Individual Medley	1:17.77	1:17.80	383	01/09/18	2018 SS West District SC Sprints & Relay Champs	Tollcross	SCO1516	1