

Individual Best Times (All Time)

Molly Redford - (147387) - St Thomas ASC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.21	27.50	586	25/06/10	BG Scottish Nationals Open	Glasgow	SCO443	1
100 Freestyle	1:00.35	59.00	629	10/04/10	Scottish Nationals Meet	Glasgow	SCO420	1
200 Freestyle	2:08.81	2:06.10	672	01/04/12	SG National Open Age Group Championships	Sunderland	SCO601	1
400 Freestyle	4:29.96	4:24.70	662	28/01/12	ASA South Zonal Meet	Millfield	ZM2171	1
800 Freestyle	9:19.12	9:08.70	651	22/01/11	Exeter City New Year Long Course Meet	Cardiff	SW1049	1
1500 Freestyle	17:51.57	17:32.20	633	03/07/11	Scottish Gas National Open Championships	Glasgow	SCO536	1
50 Breaststroke	39.43	38.60	404	15/11/08	Potobello LC Prize Meet	Edinburgh	SCO326	2
100 Breaststroke	1:23.81	1:22.30	448	13/02/09	Edinburgh International	Edinburgh	SCO338	1
200 Breaststroke	2:55.55	2:52.50	481	09/04/09	Scottish National Age Grp	Edinburgh	SCO355	1
50 Butterfly	29.92	29.30	544	03/07/11	Scottish Gas National Open Championships	Glasgow	SCO536	1
100 Butterfly	1:08.37	1:07.30	534	11/04/10	Scottish Nationals Meet	Glasgow	SCO420	1
200 Butterfly	2:34.16	2:32.10	493	13/06/10	South West Age Groups	Millfield	SWR005	1
50 Backstroke	32.46	31.80	566	02/05/11	BG South West Region Youth Championships	Street	SWR101	1
100 Backstroke	1:10.69	1:09.50	533	13/02/10	Edinburgh International	Glasgow	SCO406	1
200 Backstroke	2:37.35	2:35.20	479	13/02/10	Edinburgh International	Glasgow	SCO406	1
200 Individual Medley	2:28.86	2:26.20	608	08/04/10	Scottish Nationals Meet	Glasgow	SCO420	1
400 Individual Medley	5:16.64	5:11.00	591	11/04/10	Scottish Nationals Meet	Glasgow	SCO420	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.53	28.30	577	08/01/11	British Gas Scottish National SC Open	Glasgow	SCO478	1
100 Freestyle	58.54	59.90	632	11/03/12	Devon County Championships	Plymouth	CC2028	2
200 Freestyle	2:08.54	2:11.20	632	07/11/10	South West Region Champs	Millfield	SWR007	2
400 Freestyle	4:25.36	4:30.60	662	06/11/10	South West Region Champs	Millfield	SWR007	2
800 Freestyle	9:02.90	9:13.40	680	06/11/10	South West Region Champs	Millfield	SWR007	2
1500 Freestyle	17:56.83	18:15.80	600	29/05/11	SASA Midland District Distance Meet	Dundee	SCO518	1
50 Breaststroke	38.26	39.10	407	29/03/09	Warrender Junior Annual MT	Glenrothes	SCO354	2
100 Breaststroke	1:20.31	1:21.90	468	09/05/09	Westhill 15th Invitational	Westhill	SCO360	2
200 Breaststroke	2:51.37	2:54.40	484	09/05/09	Westhill 15th Invitational	Westhill	SCO360	2
50 Butterfly	30.17	30.80	527	03/09/11	SASA Midlands District Sprint Championship	Dundee	SCO539	1
100 Butterfly	1:06.63	1:07.80	533	18/02/12	Devon County Championships	Tiverton	CC2027	2
200 Butterfly	2:28.49	2:30.60	522	06/03/10	Devon County Champs	Tiverton	CC0064	2
50 Backstroke	30.81	31.50	550	03/09/11	SASA Midlands District Sprint Championship	Dundee	SCO539	1
100 Backstroke	1:07.45	1:08.60	538	07/02/10	Devon County Champs	Plymouth	CC0061	2
200 Backstroke	2:27.64	2:29.90	522	29/05/09	SASA Midland Distance Mt	Dundee	SCO361	1
200 Individual Medley	2:24.53	2:27.20	599	07/11/10	South West Region Champs	Millfield	SWR007	2
400 Individual Medley	5:07.38	5:13.00	597	11/03/12	Devon County Championships	Plymouth	CC2028	2
100 Individual Medley	1:07.53	1:07.50	585	08/01/11	British Gas Scottish National SC Open	Glasgow	SCO478	1