

Individual Best Times (All Time)

Ross Neally - (1623867) - The University Of Birmingham

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	26.68	25.90	481	27/04/19	University of Aberdeen LC Age Group Open	Aberdeen	SCO1647	1
100 Freestyle	57.24	55.80	548	02/04/17	Scottish National Age Group Championships	Aberdeen	SCO1270	1
200 Freestyle	2:13.81	2:11.20	442	29/05/16	East District Open & Grand Prix	Edinburgh	SCO1132	1
400 Freestyle	4:38.99	4:33.90	490	01/07/16	Scottish National Open Championships	Glasgow	SCO1155	1
50 Breaststroke	30.22	29.20	633	28/04/19	University of Aberdeen LC Age Group Open	Aberdeen	SCO1647	1
100 Breaststroke	1:06.80	1:04.90	617	30/03/18	Scottish National Age Group Championships	Tollcross	SCO1441	1
200 Breaststroke	2:29.34	2:25.80	593	29/07/16	British Summer Championships	Sheffield	ASA148	1
50 Butterfly	27.80	27.10	514	20/02/22	Speedo & BUCS Long Course Swimming Championships	Sheffield	NE220242	1
100 Butterfly	1:04.33	1:03.10	454	24/05/19	Glasgow International Swim Meet	Tollcross	SCO1665	1
50 Backstroke	32.98	32.40	364	05/02/17	East District Age Groups Finals	Edinburgh	SCO1234	1
100 Backstroke	1:19.17	1:18.10	276	14/01/15	SASA East District Age Group Championships	Edinburgh	SCO927	1
200 Individual Medley	2:23.39	2:20.60	502	01/07/17	Scottish National Open Championships	Aberdeen	SCO1320	1
400 Individual Medley	5:31.52	5:26.20	391	08/02/15	Derwentio Excel February Festival	Sheffield	EM150033	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.79	28.50	381	05/12/15	Bathgate 80th Anniversary 2015	Bathgate	SCO1072	2
100 Freestyle	58.61	1:00.00	447	28/10/17	2017 SS West District SC Senior Age Group	Grangemouth	SCO1359	1
200 Freestyle	2:08.26	2:10.90	465	15/01/17	East District Age Groups Round 2	Edinburgh	SCO1236	1
400 Freestyle	4:33.11	4:38.20	469	07/11/15	East District Age Group Championships	Glenrothes	SCO1063	1
50 Breaststroke	29.90	30.90	581	07/12/18	Scottish National Short Course Open Swimming	Edinburgh	SCO1566	2
100 Breaststroke	1:05.37	1:07.30	604	08/12/18	Scottish National Short Course Open Swimming	Edinburgh	SCO1566	2
200 Breaststroke	2:23.49	2:27.10	587	09/12/18	Scottish National Short Course Open Swimming	Edinburgh	SCO1566	2
50 Butterfly	27.86	28.50	475	10/12/17	Scottish National Short Course Open Champs	Edinburgh	SCO1389	2
100 Butterfly	1:03.30	1:04.50	430	28/10/18	2018 WD SC Senior Age Group Championships	Tollcross	SCO1534	2
200 Butterfly	2:44.49	2:46.40	274	28/11/15	East District Age Group Championships	Glenrothes	SCO1051	1
50 Backstroke	33.18	33.80	295	05/12/15	Bathgate 80th Anniversary 2015	Bathgate	SCO1072	2
100 Backstroke	1:13.03	1:14.10	289	20/09/15	Haddington 100 Meet	Prestonpans	SCO1017	2
200 Backstroke	2:44.88	2:46.90	262	01/12/14	SASA East District AG Round 2	Glenrothes	SCO916	1
200 Individual Medley	2:20.37	2:23.10	476	28/10/18	2018 WD SC Senior Age Group Championships	Tollcross	SCO1534	2
400 Individual Medley	5:11.71	5:17.30	427	07/11/15	East District Age Group Championships	Glenrothes	SCO1063	1
100 Individual Medley	1:06.90	1:06.90	399	05/12/15	Bathgate 80th Anniversary 2015	Bathgate	SCO1072	2