

# Individual Best Times (All Time)

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## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	22.47	21.50	805	05/04/14	Scottish Gas National Open Championships	Glasgow	SCO825	1
100 Freestyle	50.13	48.40	816	14/04/16	British Championships 2016	Glasgow	ASA147	1
200 Freestyle	1:53.28	1:50.20	730	19/08/10	BG ASA Championships 2010	Sunderland	ASA103	1
400 Freestyle	4:02.17	3:56.30	750	27/06/08	Scottish National Open Mt	Glasgow	SCO310	1
50 Butterfly	26.10	25.40	621	24/02/13	BUCS Long Course 2013	Sheffield	BUC007	1
100 Butterfly	1:00.53	59.30	545	10/04/11	Stockport Metro April Long Course Meet	Stockport	NW1219	1
50 Backstroke	26.81	26.10	677	01/07/12	SG National Open Championships 2012	Edinburgh	SCO637	1
100 Backstroke	1:00.90	59.60	608	28/06/07	Scottish National Open	Glasgow	SCO250	1
200 Backstroke	2:09.08	2:06.50	651	27/06/09	Scottish National Champs	Glasgow	SCO370	1
200 Individual Medley	2:17.92	2:15.00	564	18/11/06	Stockport Metro Open	Stockport	NW6216	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	21.98	22.90	771	13/12/13	Scottish National Short Course Open Meet	Edinburgh	SCO791	1
100 Freestyle	48.87	50.50	772	14/12/13	Scottish National Short Course Open Meet	Edinburgh	SCO791	1
200 Freestyle	1:50.04	1:53.10	736	17/01/10	Scottish National Champs	Glasgow	SCO402	1
400 Freestyle	3:56.43	4:02.30	723	15/01/10	Scottish National Champs	Glasgow	SCO402	1
1500 Freestyle	18:17.42	18:36.10	459	24/06/06	InCAS Distance Meet	Glenrothes	SCO202	2
50 Breaststroke	45.81	46.50	161	12/01/03	Aquanuts Livingston ASC Meet	Livingston	SCO092	2
100 Breaststroke	1:12.66	1:14.40	440	30/09/06	East District Time Trial	Glenrothes	SCO213	1
50 Butterfly	24.88	25.60	668	16/12/12	Scottish Gas National SC Championships	Edinburgh	SCO681	1
100 Butterfly	56.64	58.00	600	30/10/11	Carnegie Winter Meet	Glenrothes	SCO554	2
50 Backstroke	26.95	27.70	552	07/12/13	BUCS Short Course 2013	Sheffield	BUC008	2
100 Backstroke	56.90	58.30	612	29/10/11	Carnegie Winter Meet	Glenrothes	SCO554	2
200 Backstroke	2:06.17	2:08.80	586	29/10/11	Carnegie Winter Meet	Glenrothes	SCO554	2
200 Individual Medley	2:10.37	2:13.40	594	03/11/06	SASA East District Champs	Glenrothes	SCO219	1
100 Individual Medley	58.66	58.70	592	29/10/11	Carnegie Winter Meet	Glenrothes	SCO554	2