

# Individual Best Times (All Time)

Fergus Ingledew - (290757) - Menzieshill & Whitehall Swimming

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
100 Freestyle	1:19.87	1:18.80	201	16/11/08	Potobello LC Prize Meet	Edinburgh	SCO326	2
200 Freestyle	2:50.83	2:48.80	212	15/11/08	Potobello LC Prize Meet	Edinburgh	SCO326	2
100 Breaststroke	1:41.61	1:40.40	175	16/11/08	Potobello LC Prize Meet	Edinburgh	SCO326	2
200 Breaststroke	3:35.28	3:32.80	198	16/11/08	Potobello LC Prize Meet	Edinburgh	SCO326	2
100 Backstroke	1:16.15	1:15.10	311	01/07/12	SG National Open Championships 2012	Edinburgh	SCO637	1
200 Backstroke	3:10.69	3:08.90	202	16/11/08	Potobello LC Prize Meet	Edinburgh	SCO326	2
200 Individual Medley	3:18.11	3:16.10	190	15/11/08	Potobello LC Prize Meet	Edinburgh	SCO326	2

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.30	29.00	361	26/10/14	Dundee City Aquatics Meet	Dundee	SCO901	2
100 Freestyle	1:04.54	1:05.80	335	04/11/12	Midland District November Championships	Dundee	SCO661	1
200 Freestyle	2:20.52	2:23.00	353	04/11/12	Midland District November Championships	Dundee	SCO661	1
400 Freestyle	5:11.11	5:15.60	317	19/11/10	Midland District Champs	Dundee	SCO469	1
800 Freestyle	10:40.79	10:49.80	331	28/05/11	SASA Midland District Distance Meet	Dundee	SCO518	1
1500 Freestyle	20:32.25	20:48.90	324	27/05/12	Midland District Distance Championships	Dundee	SCO622	1
50 Breaststroke	39.25	40.00	256	22/04/12	FIRST Open Meet	Dunfermline	SCO609	2
100 Breaststroke	1:25.28	1:26.70	272	02/02/13	Scottish Midland District Meet	Dundee	SCO691	1
200 Breaststroke	3:07.36	3:10.20	263	17/03/13	Portobello ASC Mad March Meet	Prestonpans	SCO720	2
50 Butterfly	36.03	36.60	219	03/09/11	SASA Midlands District Sprint Championship	Dundee	SCO539	1
100 Butterfly	1:24.94	1:25.80	177	24/03/12	Glenrothes Spring Meet	Glenrothes	SCO600	4
50 Backstroke	32.81	33.40	306	04/09/16	SASA Midlands District Distance	Dundee	SCO1163	1
100 Backstroke	1:12.49	1:13.60	296	22/04/12	FIRST Open Meet	Dunfermline	SCO609	2
200 Backstroke	2:35.32	2:37.50	314	25/05/12	Midland District Distance Championships	Dundee	SCO622	1
200 Individual Medley	2:41.86	2:44.30	310	04/11/12	Midland District November Championships	Dundee	SCO661	1
100 Individual Medley	1:17.42	1:17.40	257	19/02/11	Glenrothes Spring Meet	Glenrothes	SCO496	2