

# 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	26.92	26.10	674	29/06/12	SG National Open Championships 2012	Edinburgh	SCO637	1
100 Freestyle	58.50	57.10	690	17/07/12	BG ASA National Youth Championships 2012	Sheffield	ASA119	1
200 Freestyle	2:09.09	2:06.40	668	13/04/13	SG National Age Group Championships	Edinburgh	SCO710	1
400 Freestyle	5:02.00	4:57.30	473	12/04/07	Scottish Age Group Champs	Tollcross	SCO241	1
50 Breaststroke	31.52	30.50	791	24/07/14	Commonwealth Games 2014	Glasgow	INT302	1
100 Breaststroke	1:10.95	1:09.20	738	29/06/12	SG National Open Championships 2012	Edinburgh	SCO637	1
200 Breaststroke	2:48.50	2:45.30	543	29/06/06	Scottish National Champs	Glasgow	SCO203	1
50 Butterfly	28.75	28.10	613	16/11/13	Team Luton Autumn LC Open Meet	Luton	ER3665	1
100 Butterfly	1:15.96	1:15.00	389	13/02/10	Edinburgh International	Glasgow	SCO406	1
50 Backstroke	34.88	34.30	456	29/06/06	Scottish National Champs	Glasgow	SCO203	1
100 Backstroke	1:12.88	1:11.80	486	08/04/10	Scottish Nationals Meet	Glasgow	SCO420	1
200 Backstroke	2:36.01	2:33.90	491	11/04/10	Scottish Nationals Meet	Glasgow	SCO420	1
200 Individual Medley	2:33.02	2:30.40	559	08/04/10	Scottish Nationals Meet	Glasgow	SCO420	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.23	27.00	668	15/12/12	Scottish Gas National SC Championships	Edinburgh	SCO681	1
100 Freestyle	57.72	59.10	659	14/12/12	Scottish Gas National SC Championships	Edinburgh	SCO681	1
200 Freestyle	2:04.69	2:07.40	692	04/06/11	SASA North District Open Championships	Westhill	SCO522	1
400 Freestyle	4:49.65	4:54.50	509	06/10/07	North District Sprints	Westhill	SCO273	1
50 Breaststroke	31.33	32.30	742	15/12/12	Scottish Gas National SC Championships	Edinburgh	SCO681	1
100 Breaststroke	1:08.33	1:10.10	760	01/07/15	NatWest Island Games 2015	Jersey	SE150831	2
200 Breaststroke	2:39.02	2:42.30	606	26/10/13	Carnegie Winter Meet 2013	Glenrothes	SCO770	2
50 Butterfly	28.57	29.20	621	30/06/15	NatWest Island Games 2015	Jersey	SE150831	2
100 Butterfly	1:13.44	1:14.50	398	04/11/07	SSA Autumn AG Champs	Lerwick	SCO268	2
50 Backstroke	31.95	32.60	493	18/10/09	ASA Nat County Team Div 2	Sheffield	ASA097	2
100 Backstroke	1:09.61	1:10.80	490	07/03/09	SASA North District Champ	Inverness	SCO352	1
200 Backstroke	2:29.96	2:32.20	498	05/06/10	North District Open Champs	Westhill	SCO437	1
200 Individual Medley	2:17.43	2:20.30	697	30/06/15	NatWest Island Games 2015	Jersey	SE150831	2
400 Individual Medley	5:30.04	5:35.30	482	07/03/09	SASA North District Champ	Inverness	SCO352	1
100 Individual Medley	1:03.15	1:03.20	716	02/07/15	NatWest Island Games 2015	Jersey	SE150831	2