

# Individual Best Times (All Time)

Jamie Ingledew - (443067) - Step Rock ASC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.46	30.80	293	11/06/11	South Lanarkshire Meet	East Kilbride	SCO525	2
100 Freestyle	1:03.54	1:02.20	401	20/01/13	2013 West District Grand Prix	East Kilbride	SCO687	1
200 Freestyle	2:21.91	2:19.40	371	19/01/13	2013 West District Grand Prix	East Kilbride	SCO687	1
800 Freestyle	10:03.52	9:53.90	420	13/04/13	SG National Age Group Championships	Edinburgh	SCO710	1
50 Breaststroke	32.10	31.10	528	28/06/18	Scottish National Open Championships	Tollcross	SCO1495	1
100 Breaststroke	1:20.39	1:18.80	354	13/04/13	SG National Age Group Championships	Edinburgh	SCO710	1
100 Butterfly	1:15.65	1:14.60	279	19/01/13	2013 West District Grand Prix	East Kilbride	SCO687	1
200 Butterfly	2:53.70	2:51.90	256	20/01/13	2013 West District Grand Prix	East Kilbride	SCO687	1
100 Backstroke	1:17.05	1:16.00	300	19/01/13	2013 West District Grand Prix	East Kilbride	SCO687	1
200 Individual Medley	2:36.71	2:34.20	384	19/01/13	2013 West District Grand Prix	East Kilbride	SCO687	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.70	28.40	385	04/09/16	SASA Midlands District Distance	Dundee	SCO1163	1
100 Freestyle	1:01.84	1:03.20	381	17/12/12	Scottish Gas National SC Championships	Edinburgh	SCO681	1
200 Freestyle	2:11.79	2:14.40	428	26/10/14	Dundee City Aquatics Meet	Dundee	SCO901	2
400 Freestyle	4:41.37	4:46.30	429	09/06/13	InCas Distance Meet	Dunfermline	SCO735	2
800 Freestyle	9:37.08	9:47.00	453	08/11/14	SASA Midland District Graded & Dist Gala	Dundee	SCO903	1
1500 Freestyle	18:51.74	19:09.80	419	04/11/12	Midland District November Championships	Dundee	SCO661	1
50 Breaststroke	31.62	32.60	491	10/11/18	BUCS Short Course Swimming Championships 2018	Sheffield	NE182328	2
100 Breaststroke	1:14.07	1:15.70	415	20/05/18	Swim West Lothian IM Tough	Xcite Leisure Centre	SCO1468	2
200 Breaststroke	2:52.00	2:55.00	340	17/03/13	Portobello ASC Mad March Meet	Prestonpans	SCO720	2
50 Butterfly	29.49	30.10	401	04/09/16	SASA Midlands District Distance	Dundee	SCO1163	1
100 Butterfly	1:10.08	1:11.20	316	27/10/13	Dundee Aquatics Autumn Open Meets	Dundee	SCO772	2
200 Butterfly	2:46.50	2:48.40	264	17/03/13	Portobello ASC Mad March Meet	Prestonpans	SCO720	2
50 Backstroke	38.02	38.50	196	03/09/11	SASA Midlands District Sprint Championship	Dundee	SCO539	1
100 Backstroke	1:13.22	1:14.30	287	02/02/13	Scottish Midland District Meet	Dundee	SCO691	1
200 Backstroke	2:38.55	2:40.60	295	27/10/12	Dundee City Aquatics 100-200 Meet 2012	Dundee	SCO659	2
200 Individual Medley	2:32.34	2:34.90	372	17/03/13	Portobello ASC Mad March Meet	Prestonpans	SCO720	2
400 Individual Medley	5:23.15	5:28.50	383	27/10/13	Dundee Aquatics Autumn Open Meets	Dundee	SCO772	2
100 Individual Medley	1:06.79	1:06.80	401	04/09/16	SASA Midlands District Distance	Dundee	SCO1163	1