

Individual Best Times (All Time)

Beth Gheel - (708149) - Heart Of Midlothian ASC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.97	29.30	488	23/01/16	East District Age Group Championships	Edinburgh	SCO1071	1
100 Freestyle	1:04.49	1:03.20	515	30/03/16	Scottish National Age Group Championships	Glasgow	SCO1106	1
200 Freestyle	2:17.92	2:15.40	547	28/05/16	East District Open & Grand Prix	Edinburgh	SCO1132	1
400 Freestyle	4:42.28	4:37.30	579	03/04/16	Scottish National Age Group Championships	Glasgow	SCO1106	1
800 Freestyle	9:38.59	9:28.50	588	02/04/16	Scottish National Age Group Championships	Glasgow	SCO1106	1
1500 Freestyle	18:19.03	18:00.10	587	30/03/16	Scottish National Age Group Championships	Glasgow	SCO1106	1
50 Breaststroke	37.74	36.90	461	24/01/16	East District Age Group Championships	Edinburgh	SCO1071	1
100 Breaststroke	1:20.16	1:18.60	512	03/04/16	Scottish National Age Group Championships	Glasgow	SCO1106	1
200 Breaststroke	2:47.75	2:44.60	551	12/03/16	Edinburgh International Meet	Edinburgh	SCO1099	1
50 Butterfly	33.44	32.90	389	22/01/16	East District Age Group Championships	Edinburgh	SCO1071	1
100 Butterfly	1:12.97	1:11.90	439	28/05/16	East District Open & Grand Prix	Edinburgh	SCO1132	1
50 Backstroke	34.15	33.60	486	23/01/16	East District Age Group Championships	Edinburgh	SCO1071	1
100 Backstroke	1:12.11	1:11.00	502	29/05/16	East District Open & Grand Prix	Edinburgh	SCO1132	1
200 Backstroke	2:37.00	2:34.90	482	02/04/15	Scottish National Age Group Championships	Aberdeen	SCO959	1
200 Individual Medley	2:30.31	2:27.70	590	31/03/16	Scottish National Age Group Championships	Glasgow	SCO1106	1
400 Individual Medley	5:19.35	5:13.80	577	13/03/16	Edinburgh International Meet	Edinburgh	SCO1099	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	32.12	32.80	363	11/10/14	Hearts Premier Age Group Championships	Prestonpans	SCO887	2
100 Freestyle	1:06.28	1:07.50	435	10/10/15	Hearts Premier Age Group Meet	Prestonpans	SCO1037	2
200 Freestyle	2:17.16	2:19.70	520	28/11/15	East District Age Group Championships	Glenrothes	SCO1051	1
400 Freestyle	4:39.19	4:44.20	568	07/11/15	East District Age Group Championships	Glenrothes	SCO1063	1
800 Freestyle	9:43.21	9:53.00	548	31/10/15	East District Age Group Championships	Glenrothes	SCO1062	1
1500 Freestyle	18:40.71	18:59.00	532	02/05/15	Carnegie So Long Meet	Glenrothes	SCO982	2
50 Breaststroke	39.72	40.50	364	10/10/15	Hearts Premier Age Group Meet	Prestonpans	SCO1037	2
100 Breaststroke	1:21.78	1:23.30	443	10/10/15	Hearts Premier Age Group Meet	Prestonpans	SCO1037	2
200 Breaststroke	2:49.83	2:52.90	497	29/11/15	East District Age Group Championships	Glenrothes	SCO1051	1
50 Butterfly	36.66	37.20	294	15/03/14	Portobello Mad March Meet	Prestonpans	SCO818	2
100 Butterfly	1:15.25	1:16.30	370	10/10/15	Hearts Premier Age Group Meet	Prestonpans	SCO1037	2
200 Butterfly	2:40.02	2:42.00	417	29/11/15	East District Age Group Championships	Glenrothes	SCO1051	1
50 Backstroke	33.31	33.90	435	11/12/15	Scottish National Short Course Meet	Edinburgh	SCO1057	1
100 Backstroke	1:13.57	1:14.70	415	25/01/15	Lothian Club Championships	Prestonpans	SCO929	2
200 Backstroke	2:29.29	2:31.50	505	22/05/16	Swim West Lothian IM Tough Meet	Livingston	SCO1134	2
200 Individual Medley	2:30.60	2:33.20	529	24/09/16	Scottish National Teams	Glasgow	SCO1175	1
400 Individual Medley	5:18.81	5:24.30	535	07/11/15	East District Age Group Championships	Glenrothes	SCO1063	1
100 Individual Medley	1:15.06	1:15.10	426	10/10/15	Hearts Premier Age Group Meet	Prestonpans	SCO1037	2