

Individual Best Times (All Time)

Ailsa Timoney - (727938) - Warrender Baths Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.72	29.00	501	05/08/14	Swim Wales Summer Nationals 2014	Swansea	WAL585	1
100 Freestyle	1:01.78	1:00.40	586	11/01/14	East District Age Group Championships	Edinburgh	SCO799	1
200 Freestyle	2:10.70	2:08.00	643	02/02/14	East District Open incorporating Grand Prix	Edinburgh	SCO804	1
400 Freestyle	4:37.89	4:32.80	607	07/08/14	Swim Wales Summer Nationals 2014	Swansea	WAL585	1
800 Freestyle	9:28.82	9:18.60	619	30/05/14	North District SASA Grand Prix	Aberdeen	SCO851	1
50 Breaststroke	36.90	36.00	493	04/08/14	Swim Wales Summer Nationals 2014	Swansea	WAL585	1
100 Breaststroke	1:19.17	1:17.60	531	12/01/14	East District Age Group Championships	Edinburgh	SCO799	1
200 Breaststroke	2:57.51	2:54.50	465	02/08/14	Swim Wales Summer Nationals 2014	Swansea	WAL585	1
100 Butterfly	1:09.75	1:08.70	503	11/01/14	East District Age Group Championships	Edinburgh	SCO799	1
200 Butterfly	2:46.40	2:44.50	392	15/06/13	Scottish Gas National Open Championships	Glasgow	SCO739	1
100 Backstroke	1:13.35	1:12.20	477	12/01/14	East District Age Group Championships	Edinburgh	SCO799	1
200 Backstroke	2:39.52	2:37.40	459	11/04/13	SG National Age Group Championships	Edinburgh	SCO710	1
200 Individual Medley	2:32.74	2:30.10	562	01/06/13	East District Open & Grand Prix Round 3	Edinburgh	SCO731	1
400 Individual Medley	5:19.82	5:14.30	574	03/08/14	Swim Wales Summer Nationals 2014	Swansea	WAL585	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.65	29.40	512	27/10/13	Carnegie Winter Meet 2013	Glenrothes	SCO770	2
100 Freestyle	1:01.56	1:02.90	543	16/11/13	SASA North District Open & Grand Prix	Inverness	SCO782	1
200 Freestyle	2:09.44	2:12.10	618	14/12/14	Scottish National Short Course Champs	Edinburgh	SCO921	1
400 Freestyle	4:29.23	4:34.40	634	02/11/14	East District Age Group Championships	Fife	SCO896	2
800 Freestyle	9:13.11	9:23.50	643	14/11/14	COAST Grand Prix	Aberdeen	SCO907	1
50 Breaststroke	36.81	37.70	457	15/11/14	COAST Grand Prix	Aberdeen	SCO907	1
100 Breaststroke	1:18.33	1:19.90	504	17/11/13	SASA North District Open & Grand Prix	Inverness	SCO782	1
200 Breaststroke	2:49.36	2:52.40	501	03/12/13	SASA East District Age Groups Round 2	Glenrothes	SCO792	1
50 Butterfly	37.84	38.30	267	08/10/11	Hearts Premier Age Group Meet	Prestonpans	SCO552	2
100 Butterfly	1:12.93	1:14.00	407	22/03/14	Glenrothes Spring Meet 2014	Glenrothes	SCO853	2
200 Butterfly	2:39.83	2:41.80	419	01/12/14	SASA East District AG Round 2	Glenrothes	SCO916	1
50 Backstroke	37.38	37.90	308	12/10/14	Warrender Championships	Glenrothes	SCO889	2
100 Backstroke	1:12.77	1:13.90	429	22/03/14	Glenrothes Spring Meet 2014	Glenrothes	SCO853	2
200 Backstroke	2:32.77	2:34.90	471	04/12/12	SASA East Dist Age Groups Round 2	Bathgate	SCO677	2
200 Individual Medley	2:29.23	2:31.80	544	13/12/13	Scottish National Short Course Open Meet	Edinburgh	SCO791	1
400 Individual Medley	5:13.63	5:19.20	562	02/11/13	East District Age Group Championships	Glenrothes	SCO775	1
100 Individual Medley	1:11.73	1:11.70	488	22/03/14	Glenrothes Spring Meet 2014	Glenrothes	SCO853	2