

Individual Best Times (All Time)

Rachel Sharples - (73478) - Edinburgh University

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	26.88	26.10	677	31/05/15	East District Open with SASA Grand Prix	Edinburgh	SCO984	1
100 Freestyle	57.83	56.40	714	30/05/15	East District Open with SASA Grand Prix	Edinburgh	SCO984	1
200 Freestyle	2:05.53	2:02.70	726	31/05/15	East District Open with SASA Grand Prix	Edinburgh	SCO984	1
400 Freestyle	4:36.74	4:31.60	615	30/05/10	Co Sunderland 2nd Open Meet	Sunderland	NE0381	1
800 Freestyle	9:26.58	9:16.30	626	30/07/10	British Gas Nat Age Grps	Sheffield	ASA101	1
1500 Freestyle	18:17.32	17:58.40	590	10/04/10	Scottish Nationals Meet	Glasgow	SCO420	1
100 Breaststroke	1:33.23	1:31.90	325	20/12/08	City of Leeds Xmas Cracker	Leeds	NE8304	1
200 Breaststroke	3:06.40	3:03.50	401	06/06/09	SASA East District Open	Edinburgh	SCO363	1
50 Butterfly	28.27	27.60	645	31/05/13	East District Open & Grand Prix Round 3	Edinburgh	SCO731	1
100 Butterfly	1:01.42	1:00.20	737	21/02/15	BUCS Long Course Championships 2015	Sheffield	NE150632	1
200 Butterfly	2:20.25	2:18.00	655	09/04/11	Scottish National Open Championships	Glasgow	SCO507	1
50 Backstroke	30.77	30.10	665	31/01/14	East District Open incorporating Grand Prix	Edinburgh	SCO804	1
100 Backstroke	1:05.23	1:04.00	678	01/02/14	East District Open incorporating Grand Prix	Edinburgh	SCO804	1
200 Backstroke	2:22.42	2:20.10	646	11/04/13	SG National Age Group Championships	Edinburgh	SCO710	1
200 Individual Medley	2:23.58	2:20.80	677	07/04/11	Scottish National Open Championships	Glasgow	SCO507	1
400 Individual Medley	5:11.97	5:06.30	618	10/04/11	Scottish National Open Championships	Glasgow	SCO507	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	25.84	26.60	698	13/12/14	Scottish National Short Course Champs	Edinburgh	SCO921	1
100 Freestyle	56.12	57.60	717	12/12/14	Scottish National Short Course Champs	Edinburgh	SCO921	1
200 Freestyle	2:03.51	2:06.30	712	15/11/14	BUCS Short Course 2014	Sheffield	BUC010	2
400 Freestyle	4:27.58	4:32.80	645	28/11/10	Stockport Metro Open Meet	Stockport	NW0518	2
800 Freestyle	9:18.69	9:28.90	624	15/01/10	Scottish National Champs	Glasgow	SCO402	1
1500 Freestyle	17:46.14	18:05.30	618	06/02/10	East District Age Groups	Glenrothes	SCO405	1
50 Breaststroke	40.80	41.60	336	09/05/10	Haddington Total Swimmer	Prestonpans	SCO425	2
100 Breaststroke	1:26.60	1:28.00	373	13/03/10	East District Age Group	Glenrothes	SCO414	1
200 Breaststroke	2:55.85	2:58.80	448	05/03/11	East District Age Groups	Glenrothes	SCO493	1
50 Butterfly	28.30	29.00	639	13/12/15	Scottish National Short Course Meet	Edinburgh	SCO1057	1
100 Butterfly	1:01.45	1:02.70	680	17/11/13	SASA North District Open & Grand Prix	Inverness	SCO782	1
200 Butterfly	2:17.39	2:19.70	659	16/12/11	Scottish Gas National Short Course Open	Inverness	SCO574	1
50 Backstroke	29.48	30.20	628	15/11/13	SASA North District Open & Grand Prix	Inverness	SCO782	1
100 Backstroke	1:01.92	1:03.20	696	16/11/13	SASA North District Open & Grand Prix	Inverness	SCO782	1
200 Backstroke	2:21.87	2:24.20	589	25/10/14	Carnegie Winter Meet	Glenrothes	SCO908	2
200 Individual Medley	2:18.12	2:20.90	686	13/12/13	Scottish National Short Course Open Meet	Edinburgh	SCO791	1
400 Individual Medley	5:07.38	5:13.00	597	07/11/10	Aberdeen Mitchell Trophy	Inverness	SCO466	2
100 Individual Medley	1:05.73	1:05.70	635	14/12/13	Scottish National Short Course Open Meet	Edinburgh	SCO791	1