

Individual Best Times (All Time)

Matthew Dwane - (756575) - Bo'ness ASC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.28	30.60	298	12/05/18	2018 WD Wannabe - BITW AG Open Meet	Tollcross	SCO1465	1
100 Freestyle	1:07.13	1:05.90	340	13/05/18	2018 WD Wannabe - BITW AG Open Meet	Tollcross	SCO1465	1
200 Freestyle	2:33.67	2:31.40	292	07/05/16	2016 Best in the West Open Meet	Glasgow	SCO1127	1
400 Freestyle	5:17.64	5:13.20	332	12/05/18	2018 WD Wannabe - BITW AG Open Meet	Tollcross	SCO1465	1
1500 Freestyle	20:21.96	20:04.90	362	14/07/18	Scottish Summer Meet 2018	Aberdeen	SCO1497	1
200 Butterfly	3:44.98	3:43.60	117	08/02/14	2014 SASA West District LC JAG Champs	East Kilbride	SCO808	1
100 Backstroke	1:23.42	1:22.40	236	07/05/16	2016 Best in the West Open Meet	Glasgow	SCO1127	1
400 Individual Medley	6:44.39	6:40.00	215	28/07/13	Swim Wales Summer Nationals	Swansea	WAL511	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.33	31.00	293	02/09/18	2018 SS West District SC Sprints & Relay Champs	Tollcross	SCO1516	1
100 Freestyle	1:05.52	1:06.80	320	03/09/17	Central Swimming Championships	Grangemouth	SCO1327	2
200 Freestyle	2:23.25	2:25.70	333	11/02/18	Bellshill Sharks Open Meet	Sir Matt Busby Pool	SCO1528	2
400 Freestyle	4:57.98	5:02.70	361	24/06/17	Aquanauts Livingston 16th Annual Graded Meet	Livingston	SCO1319	2
800 Freestyle	10:23.76	10:33.00	359	26/11/17	Dumfries ASC Advent Open 2017	Dumfries	SCO1374	2
1500 Freestyle	19:47.46	20:04.70	362	28/10/18	2018 WD SC Senior Age Group Championships	Tollcross	SCO1534	2
50 Breaststroke	43.19	43.90	192	04/11/17	Bathgate ASC Sprints with Finals	Bathgate	SCO1361	2
100 Breaststroke	1:31.02	1:32.40	224	28/01/18	Grangemouth MAGS 2018	Grangemouth	SCO1416	2
200 Breaststroke	3:10.28	3:13.00	251	25/11/17	Dumfries ASC Advent Open 2017	Dumfries	SCO1374	2
50 Butterfly	36.69	37.20	208	29/04/17	Dumfries Spring Graded Meet 2017	Dumfries	SCO1280	2
100 Butterfly	1:15.28	1:16.30	255	11/02/18	Bellshill Sharks Open Meet	Sir Matt Busby Pool	SCO1528	2
200 Butterfly	3:12.06	3:13.70	172	03/05/15	Carnegie So Long Meet	Glenrothes	SCO982	2
50 Backstroke	36.71	37.30	218	02/09/18	2018 SS West District SC Sprints & Relay Champs	Tollcross	SCO1516	1
100 Backstroke	1:17.72	1:18.70	240	03/09/17	Central Swimming Championships	Grangemouth	SCO1327	2
200 Backstroke	2:47.87	2:49.80	249	24/06/17	Aquanauts Livingston 16th Annual Graded Meet	Livingston	SCO1319	2
200 Individual Medley	2:46.84	2:49.20	283	25/11/17	Dumfries ASC Advent Open 2017	Dumfries	SCO1374	2
400 Individual Medley	6:17.00	6:21.60	241	13/03/16	North Ayrshire 200 Meet	Auchenharvie	SCO1097	2
100 Individual Medley	1:24.28	1:24.30	199	28/08/16	2016 SASA West District SR Champs	Glasgow	SCO1161	1