

Individual Best Times (All Time)

Ruth Morris - (769075) - South Mainland ASC

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	45.73	46.20	126	17/09/11	Westhill District ASC Minnows Meet	Westhill	SCO546	2
100 Freestyle	1:25.19	1:26.20	205	26/10/13	Alford Otters 4th 100 Meet	Westhill	SCO771	2
200 Freestyle	3:12.08	3:13.90	189	29/06/13	Lerwick ASC Midsummer Meet	Lerwick	SCO745	2
50 Breaststroke	1:03.63	1:04.10	88	17/09/11	Westhill District ASC Minnows Meet	Westhill	SCO546	2
100 Breaststroke	1:56.89	1:58.00	151	24/11/13	Shetland Senior Age Group Championships	Clickimin	SCO801	2
50 Butterfly	59.09	59.40	70	17/09/11	Westhill District ASC Minnows Meet	Westhill	SCO546	2
100 Butterfly	1:43.83	1:44.60	141	26/10/13	Alford Otters 4th 100 Meet	Westhill	SCO771	2
50 Backstroke	45.07	45.50	175	29/06/13	Lerwick ASC Midsummer Meet	Lerwick	SCO745	2
100 Backstroke	1:32.85	1:33.70	206	24/11/13	Shetland Senior Age Group Championships	Clickimin	SCO801	2
200 Individual Medley	3:28.39	3:30.30	199	08/09/13	Cults Otters Bibby Offshore Challenge	Aberdeen	SCO753	2