

# Individual Best Times (All Time)

Bethany Duffell - (771433) - Cumbernauld ASC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
100 Freestyle	1:10.32	1:09.10	397	08/05/16	2016 Best in the West Open Meet	Glasgow	SCO1127	1
200 Freestyle	2:34.17	2:31.90	392	07/05/16	2016 Best in the West Open Meet	Glasgow	SCO1127	1
100 Breaststroke	1:38.92	1:37.60	272	07/06/15	East Kilbride Long Course Open Age Group Meet	East Kilbride	SCO991	2
200 Breaststroke	3:23.96	3:21.30	306	06/06/15	East Kilbride Long Course Open Age Group Meet	East Kilbride	SCO991	2
100 Butterfly	1:26.66	1:25.80	262	06/06/15	East Kilbride Long Course Open Age Group Meet	East Kilbride	SCO991	2
200 Butterfly	3:19.73	3:18.10	226	06/02/16	SASA West District LC AG Round 1 Meet	East Kilbride	SCO1088	1
200 Individual Medley	2:56.52	2:54.30	364	08/05/16	2016 Best in the West Open Meet	Glasgow	SCO1127	1
400 Individual Medley	6:25.55	6:21.00	327	08/02/15	SASA West District JAG Championship	East Kilbride	SCO936	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	32.20	32.80	361	24/04/16	SAST Open Age Group Meet	Ayr	SCO1114	2
100 Freestyle	1:07.97	1:09.20	404	30/10/16	2016 SASA West District SC SAG Championship	Glasgow	SCO1199	1
200 Freestyle	2:24.13	2:26.50	448	29/10/16	2016 SASA West District SC SAG Championship	Glasgow	SCO1199	1
400 Freestyle	5:07.37	5:11.90	426	30/10/16	2016 SASA West District SC SAG Championship	Glasgow	SCO1199	1
800 Freestyle	11:23.72	11:32.10	340	16/05/14	Swim West Lothian IM Tough Meet 2014	Bathgate	SCO842	2
50 Breaststroke	43.00	43.70	287	25/10/15	Alloa Graded Meet 2015	Alloa	SCO1032	2
100 Breaststroke	1:31.77	1:33.10	313	14/06/15	Open Age Group and Senior Meet 2015	Glasgow	SCO1002	2
200 Breaststroke	3:13.65	3:16.40	335	15/11/15	SASA West District JAG Championships	Cumbernauld	SCO1041	1
50 Butterfly	35.61	36.10	320	23/10/16	Alloa Graded Meet	Stirling	SCO1192	2
100 Butterfly	1:18.93	1:19.90	321	24/10/15	Alloa Graded Meet 2015	Alloa	SCO1032	2
200 Butterfly	3:06.88	3:08.60	262	23/04/17	SAST Open Age Group Meet 2017	South Ayrshire	SCO1278	2
50 Backstroke	38.83	39.30	274	12/06/16	Open Age Group and Senior Meet 2016	Cumbernauld	SCO1146	2
100 Backstroke	1:22.46	1:23.40	294	24/04/16	SAST Open Age Group Meet	Ayr	SCO1114	2
200 Backstroke	2:52.25	2:54.20	329	25/10/15	Alloa Graded Meet 2015	Alloa	SCO1032	2
200 Individual Medley	2:50.04	2:52.30	368	22/10/16	Alloa Graded Meet	Stirling	SCO1192	2
400 Individual Medley	6:19.63	6:24.20	317	24/05/14	Alloa ASC Open Meet	Alloa	SCO850	2
100 Individual Medley	1:20.08	1:20.10	351	23/08/15	Cumbernauld Autumn Graded Meet 2015	Cumbernauld	SCO1006	2