

# Individual Best Times (All Time)

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## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.03	28.30	537	05/02/17	East District Age Groups Finals	Edinburgh	SCO1234	1
100 Freestyle	1:01.67	1:00.30	589	04/02/17	East District Age Groups Finals	Edinburgh	SCO1234	1
200 Freestyle	2:15.57	2:13.00	576	06/02/16	Derventio Excel February Festival 2016	Sheffield	EM160047	1
400 Freestyle	4:45.55	4:40.60	560	03/04/16	Scottish National Age Group Championships	Glasgow	SCO1106	1
800 Freestyle	9:59.96	9:50.20	527	16/01/15	SASA West District Grand Prix	Glasgow	SCO930	1
50 Breaststroke	39.03	38.20	417	04/02/17	East District Age Groups Finals	Edinburgh	SCO1234	1
100 Breaststroke	1:23.38	1:21.90	454	17/05/14	City of Sunderland May Open 2014	Sunderland	NE4378	1
200 Breaststroke	2:56.82	2:53.80	470	31/05/14	North District SASA Grand Prix	Aberdeen	SCO851	1
50 Butterfly	29.19	28.50	586	02/04/17	Scottish National Age Group Championships	Aberdeen	SCO1270	1
100 Butterfly	1:04.51	1:03.30	636	11/03/16	Edinburgh International Meet	Edinburgh	SCO1099	1
200 Butterfly	2:24.77	2:22.60	595	28/07/16	British Summer Championships	Sheffield	ASA148	1
50 Backstroke	30.56	29.90	678	13/04/19	Swim Cup Eindhoven	Eindhoven	GBR1014	1
100 Backstroke	1:05.08	1:03.80	683	29/03/18	Scottish National Age Group Championships	Tollcross	SCO1441	1
200 Backstroke	2:19.43	2:17.00	688	28/03/18	Scottish National Age Group Championships	Tollcross	SCO1441	1
200 Individual Medley	2:29.30	2:26.60	602	02/02/18	East District Age Groups 2018 Round 3	Edinburgh	SCO1419	1
400 Individual Medley	5:14.00	5:08.40	607	02/04/16	Scottish National Age Group Championships	Glasgow	SCO1106	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.35	30.10	476	18/09/16	Warrender Championships	Glenrothes	SCO1183	2
100 Freestyle	1:00.26	1:01.60	579	08/12/17	Scottish National Short Course Open Champs	Edinburgh	SCO1389	2
200 Freestyle	2:09.29	2:11.90	621	05/11/16	North District Open Championships	Inverness	SCO1193	1
400 Freestyle	4:34.05	4:39.10	601	27/11/16	East District Age Groups Championships	Glenrothes	SCO1206	1
800 Freestyle	9:29.95	9:40.00	587	26/11/16	East District Age Groups Championships	Glenrothes	SCO1206	1
1500 Freestyle	18:16.23	18:34.90	568	26/11/17	EDAG 17 Round 1	Michael Woods Centre	SCO1431	2
50 Breaststroke	40.26	41.00	349	11/10/14	Warrender Championships	Glenrothes	SCO889	2
100 Breaststroke	1:22.66	1:24.20	429	22/03/14	Glenrothes Spring Meet 2014	Glenrothes	SCO853	2
200 Breaststroke	2:54.36	2:57.40	459	03/12/13	SASA East District Age Groups Round 2	Glenrothes	SCO792	1
50 Butterfly	28.89	29.50	600	09/12/18	Scottish National Short Course Open Swimming	Edinburgh	SCO1566	2
100 Butterfly	1:03.89	1:05.10	605	08/12/18	Scottish National Short Course Open Swimming	Edinburgh	SCO1566	2
200 Butterfly	2:20.24	2:22.50	620	09/12/16	Scottish National Short Course Championships	Edinburgh	SCO1210	1
50 Backstroke	29.26	29.90	642	03/11/18	North District Open Championships 2018	Aberdeen	SCO1538	2
100 Backstroke	1:02.37	1:03.60	681	09/12/18	Scottish National Short Course Open Swimming	Edinburgh	SCO1566	2
200 Backstroke	2:13.73	2:16.20	703	09/12/17	Scottish National Short Course Open Champs	Edinburgh	SCO1389	2
200 Individual Medley	2:22.86	2:25.60	620	04/11/17	North District Open Championships 2017	Inverness	SCO1360	1
400 Individual Medley	5:05.65	5:11.30	608	26/11/16	East District Age Groups Championships	Glenrothes	SCO1206	1
100 Individual Medley	1:11.78	1:11.80	487	14/12/13	Scottish National Short Course Open Meet	Edinburgh	SCO791	1