

# 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	25.45	24.60	798	30/06/17	Scottish National Open Championships	Aberdeen	SCO1320	1
100 Freestyle	55.69	54.20	800	28/07/17	British Summer Championships	Sheffield	BSW002	1
200 Freestyle	2:00.90	1:58.00	813	27/06/19	Scottish National Open Championships	Aberdeen	SCO1689	1
400 Freestyle	4:27.17	4:21.90	683	15/06/13	Scottish Gas National Open Championships	Glasgow	SCO739	1
800 Freestyle	9:47.98	9:38.10	560	08/04/11	Scottish National Open Championships	Glasgow	SCO507	1
50 Breaststroke	37.95	37.10	453	27/06/09	Scottish National Champs	Glasgow	SCO370	1
100 Breaststroke	1:18.44	1:16.80	546	12/02/11	Edinburgh International Age Groups	Glasgow	SCO488	1
200 Breaststroke	2:49.89	2:46.80	530	24/06/10	BG Scottish Nationals Open	Glasgow	SCO443	1
50 Butterfly	27.82	27.10	677	08/03/15	North District Age Group Championships	Aberdeen	SCO947	1
100 Butterfly	1:03.22	1:02.00	675	07/03/15	North District Age Group Championships	Aberdeen	SCO947	1
200 Butterfly	2:32.69	2:30.60	507	12/02/11	Edinburgh International Age Groups	Glasgow	SCO488	1
50 Backstroke	33.04	32.40	537	30/06/11	Scottish Gas National Open Championships	Glasgow	SCO536	1
100 Backstroke	1:09.97	1:08.80	550	02/07/11	Scottish Gas National Open Championships	Glasgow	SCO536	1
200 Backstroke	2:28.95	2:26.70	565	01/07/11	Scottish Gas National Open Championships	Glasgow	SCO536	1
200 Individual Medley	2:23.75	2:21.00	675	28/02/14	2014 ISM Berlin	Berlin	GB4013	1
400 Individual Medley	5:27.05	5:21.60	537	27/06/10	BG Scottish Nationals Open	Glasgow	SCO443	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	25.34	26.10	740	09/12/17	Scottish National Short Course Open Champs	Edinburgh	SCO1389	2
100 Freestyle	53.93	55.50	808	08/12/17	Scottish National Short Course Open Champs	Edinburgh	SCO1389	2
200 Freestyle	1:58.41	2:01.30	808	10/12/17	Scottish National Short Course Open Champs	Edinburgh	SCO1389	2
400 Freestyle	4:21.78	4:27.10	689	12/12/15	Scottish National Short Course Meet	Edinburgh	SCO1057	1
800 Freestyle	9:12.35	9:22.70	645	02/03/13	SASA North District Age Group Championship	Inverness	SCO703	1
1500 Freestyle	18:14.98	18:33.70	570	08/05/10	Westhill Invitational	Westhill	SCO427	2
50 Breaststroke	32.70	33.60	653	05/10/14	SASA North District Open Meet	Inverness	SCO881	1
100 Breaststroke	1:11.57	1:13.30	661	04/10/14	SASA North District Open Meet	Inverness	SCO881	1
200 Breaststroke	2:47.74	2:50.90	516	08/05/10	Westhill Invitational	Westhill	SCO427	2
50 Butterfly	27.72	28.40	680	11/12/16	Scottish National Short Course Championships	Edinburgh	SCO1210	1
100 Butterfly	1:02.80	1:04.00	637	23/03/14	SASA North District Age Group Champs	Fraserburgh	SCO823	1
200 Butterfly	2:22.56	2:24.80	590	16/11/13	SASA North District Open & Grand Prix	Inverness	SCO782	1
50 Backstroke	30.78	31.40	552	04/10/14	SASA North District Open Meet	Inverness	SCO881	1
100 Backstroke	1:05.74	1:06.90	582	08/11/14	Ren 96 Open Meet	Renfrew	SCO906	2
200 Backstroke	2:22.01	2:24.30	587	05/03/11	North District Age Group Meet	Inverness	SCO495	1
200 Individual Medley	2:17.41	2:20.20	697	13/12/13	Scottish National Short Course Open Meet	Edinburgh	SCO791	1
400 Individual Medley	5:07.41	5:13.10	597	05/06/10	North District Open Champs	Westhill	SCO437	1
100 Individual Medley	1:03.05	1:03.10	719	13/12/14	Scottish National Short Course Champs	Edinburgh	SCO921	1