

Individual Best Times (All Time)

Annabel Innes - (856618) - Warrender Baths Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
100 Breaststroke	1:41.69	1:40.40	250	12/01/14	East District Age Group Championships	Edinburgh	SCO799	1
100 Backstroke	1:22.23	1:21.20	338	15/01/15	SASA East District Age Group Championships	Edinburgh	SCO927	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	32.43	33.10	353	17/05/14	Swim West Lothian IM Tough Meet 2014	Bathgate	SCO842	2
100 Freestyle	1:10.23	1:11.40	366	25/05/14	Warrender Baths SNAGS TT	Edinburgh	SCO863	2
200 Freestyle	2:28.81	2:31.10	407	06/06/15	InCas Distance Meet	Dunfermline	SCO989	2
400 Freestyle	5:17.03	5:21.40	388	06/06/15	InCas Distance Meet	Dunfermline	SCO989	2
800 Freestyle	11:07.66	11:16.30	365	15/05/15	Swim West Lothian IM Tough 2015	West Lothian	SCO990	2
50 Breaststroke	43.46	44.20	278	11/10/14	Warrender Championships	Glenrothes	SCO889	2
100 Breaststroke	1:37.70	1:39.00	260	09/11/13	Lothian Graded Meet	Prestonpans	SCO795	2
200 Breaststroke	3:23.28	3:25.90	290	21/09/14	Warrender 200's Championships	Edinburgh	SCO888	2
50 Butterfly	36.07	36.60	308	11/10/14	Warrender Championships	Glenrothes	SCO889	2
100 Butterfly	1:32.23	1:33.10	201	26/04/14	Midlothian Spring Meet	Presonpans	SCO829	2
200 Butterfly	3:03.43	3:05.10	277	06/06/15	InCas Distance Meet	Dunfermline	SCO989	2
50 Backstroke	41.95	42.40	218	21/04/13	Warrender Baths Club Annual Junior Age Grp	Prestonpans	SCO713	2
100 Backstroke	1:20.88	1:21.90	312	11/10/14	Warrender Championships	Glenrothes	SCO889	2
200 Backstroke	2:46.85	2:48.80	362	06/06/15	InCas Distance Meet	Dunfermline	SCO989	2
200 Individual Medley	2:44.71	2:47.10	404	06/06/15	InCas Distance Meet	Dunfermline	SCO989	2
400 Individual Medley	6:07.83	6:12.60	348	31/01/15	North Ayrshire 200 Meet	Auchenharvie	SCO933	2
100 Individual Medley	1:23.55	1:23.60	309	21/09/14	Warrender 200's Championships	Edinburgh	SCO888	2