

# Individual Best Times (All Time)

Rachel Beswick - (868947) - Stranraer Stingrays ASC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.15	29.40	480	02/03/19	2019 WD Long Course AG Pre-SNAG Meet	Glasgow	SCO1619	1
100 Freestyle	1:05.85	1:04.60	484	03/03/19	2019 WD Long Course AG Pre-SNAG Meet	Glasgow	SCO1619	1
200 Freestyle	2:30.74	2:28.40	419	19/01/19	City of Sunderland New Year Meet 2019	Sunderland	NE190293	1
50 Breaststroke	37.01	36.20	489	28/03/18	Scottish National Age Group Championships	Tollcross	SCO1441	1
100 Breaststroke	1:22.29	1:20.70	473	02/04/17	Scottish National Age Group Championships	Aberdeen	SCO1270	1
200 Breaststroke	2:57.46	2:54.50	465	17/02/18	2018 WD Long Course Championships - Round 2	Glasgow	SCO1423	1
50 Butterfly	34.29	33.70	361	24/09/17	City of Sheffield 35th Annual Teaspoon Meet	Sheffield	NE170251	3
50 Backstroke	36.07	35.50	412	02/02/19	2019 SS West District LC Senior Age Group Champs	Glasgow	SCO1590	1
100 Backstroke	1:19.19	1:18.20	379	03/02/18	2018 SS West District LC Age Group Championships	East Kilbride	SCO1409	1
200 Backstroke	2:52.58	2:50.60	363	18/02/18	2018 WD Long Course Championships - Round 2	Glasgow	SCO1423	1
200 Individual Medley	2:44.55	2:42.10	450	03/03/19	2019 WD Long Course AG Pre-SNAG Meet	Glasgow	SCO1619	1
400 Individual Medley	6:43.90	6:39.50	285	09/02/14	2014 SASA West District LC JAG Champs	East Kilbride	SCO808	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.39	30.10	474	08/09/19	2019 SS West District SC AG Sprints & Relay Champs	Tollcross	SCO1713	1
100 Freestyle	1:04.09	1:05.40	481	12/03/17	Cumbernauld Spring Graded Meet	Tryst LC	SCO1259	2
200 Freestyle	2:21.81	2:24.20	470	04/11/18	REN 96 Open Meet	Linwood	SCO1556	2
400 Freestyle	5:57.38	6:01.30	271	01/12/13	Dumfries Advent Open Meet	Dumfries	SCO787	2
50 Breaststroke	36.45	37.30	471	08/12/18	Scottish National Short Course Open Swimming	Edinburgh	SCO1566	2
100 Breaststroke	1:19.96	1:21.50	474	04/11/17	REN96 Open Meet	Linwood	SCO1380	2
200 Breaststroke	2:53.42	2:56.40	467	04/11/17	REN96 Open Meet	Linwood	SCO1380	2
50 Butterfly	32.52	33.10	421	07/09/19	2019 SS West District SC AG Sprints & Relay Champs	Tollcross	SCO1713	1
100 Butterfly	1:17.15	1:18.10	343	12/03/17	Cumbernauld Spring Graded Meet	Tryst LC	SCO1259	2
200 Butterfly	3:50.63	3:52.00	139	09/06/13	Dumfries Open Meet	Dumfries	SCO738	2
50 Backstroke	34.26	34.80	400	07/09/19	2019 SS West District SC AG Sprints & Relay Champs	Tollcross	SCO1713	1
100 Backstroke	1:15.30	1:16.40	387	30/10/16	2016 SASA West District SC SAG Championship	Glasgow	SCO1199	1
200 Backstroke	2:40.26	2:42.30	408	28/10/17	2017 SS West District SC Senior Age Group	Grangemouth	SCO1359	1
200 Individual Medley	2:40.52	2:43.00	437	27/10/18	2018 WD SC Senior Age Group Championships	Tollcross	SCO1534	2
400 Individual Medley	5:53.37	5:58.30	393	29/10/17	2017 SS West District SC Senior Age Group	Grangemouth	SCO1359	1
100 Individual Medley	1:13.46	1:13.50	455	08/09/19	2019 SS West District SC AG Sprints & Relay Champs	Tollcross	SCO1713	1