

Individual Best Times (All Time)

Rory Duncan - (90008112) - South Ayrshire ASC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.90	28.20	378	13/05/23	2023 SS West District LC May AG Meet	Glasgow	SCO2027	1
100 Freestyle	1:02.91	1:01.60	413	14/05/23	2023 SS West District LC May AG Meet	Glasgow	SCO2027	1
200 Freestyle	2:15.12	2:12.50	430	04/02/24	2024 SS West District LC Champs WE1	East Kilbride	SCO2143	1
100 Breaststroke	1:24.47	1:23.00	305	13/05/23	2023 SS West District LC May AG Meet	Glasgow	SCO2027	1
50 Butterfly	30.15	29.50	402	23/03/24	2024 SS West District LC Pre-SNAG Meet	East Kilbride	SCO2171	1
100 Butterfly	1:07.17	1:06.00	398	13/04/24	2024 Scottish National Age Group Swimming Champs	Aberdeen	SS240959	1
50 Backstroke	31.80	31.20	406	24/03/24	2024 SS West District LC Pre-SNAG Meet	East Kilbride	SCO2171	1
100 Backstroke	1:08.41	1:07.20	429	23/03/24	2024 SS West District LC Pre-SNAG Meet	East Kilbride	SCO2171	1
200 Backstroke	2:26.62	2:24.30	444	12/04/24	2024 Scottish National Age Group Swimming Champs	Aberdeen	SS240959	1
200 Individual Medley	2:33.56	2:31.00	409	16/04/23	Scottish National Age Group Championships	Aberdeen	SCO2016	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.12	27.90	410	16/03/24	Cumbernauld Spring Open Meet 2024	Cumbernauld	SCO2174	2
100 Freestyle	59.44	1:00.80	429	16/03/24	Cumbernauld Spring Open Meet 2024	Cumbernauld	SCO2174	2
200 Freestyle	2:09.21	2:11.90	454	25/11/23	Dumfries ASC Advent Meet 2023	Dumfries	SCO2122	2
400 Freestyle	4:32.25	4:37.40	473	04/11/23	SASA North District Open Championships 2023	Aberdeen	SCO2083	2
50 Breaststroke	36.22	37.10	326	17/12/23	SAST Xmas Sprints 2023	Ayr	SCO2138	2
100 Breaststroke	1:20.86	1:22.40	319	11/11/23	2023 SS West District SC Champs WE2	Glasgow	SCO2088	2
200 Breaststroke	2:52.46	2:55.50	338	04/11/23	SASA North District Open Championships 2023	Aberdeen	SCO2083	2
50 Butterfly	28.97	29.60	423	17/12/23	SAST Xmas Sprints 2023	Ayr	SCO2138	2
100 Butterfly	1:05.37	1:06.50	390	17/03/24	Cumbernauld Spring Open Meet 2024	Cumbernauld	SCO2174	2
50 Backstroke	31.39	32.00	349	17/12/23	SAST Xmas Sprints 2023	Ayr	SCO2138	2
100 Backstroke	1:06.79	1:08.00	378	11/11/23	2023 SS West District SC Champs WE2	Glasgow	SCO2088	2
200 Backstroke	2:21.15	2:23.50	419	05/11/23	SASA North District Open Championships 2023	Aberdeen	SCO2083	2
200 Individual Medley	2:27.06	2:29.70	414	25/02/24	North Ayrshire 200 Meet	Irvine	SCO2166	2
100 Individual Medley	1:09.36	1:09.40	358	11/11/23	2023 SS West District SC Champs WE2	Glasgow	SCO2088	2