

Individual Best Times (All Time)

Isla Bennett - (90020754) - Rutherglen ASC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	35.20	34.60	301	18/09/22	City of Sheffield SS 39th Annual Teaspoon Gala	Sheffield	NE221502	3
50 Breaststroke	42.70	42.00	318	26/03/23	2023 WD Long Course Pre-SNAG Meet	Glasgow	SCO2005	1
100 Breaststroke	1:37.02	1:35.70	288	23/04/23	East Kilbride LC Age Group Meet 2023	East Kilbride	SCO2018	1
200 Breaststroke	3:30.42	3:27.90	279	13/05/23	2023 SS West District LC May AG Meet	Glasgow	SCO2027	1
50 Butterfly	40.05	39.60	226	18/06/23	East Kilbride Summer Sprints 2023	East Kilbride	SCO2047	1
50 Backstroke	46.03	45.60	198	18/09/22	City of Sheffield SS 39th Annual Teaspoon Gala	Sheffield	NE221502	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	34.09	34.70	304	17/03/24	Cumbernauld Spring Open Meet 2024	Cumbernauld	SCO2174	2
100 Freestyle	1:14.75	1:15.90	303	01/10/23	South Ayrshire ST Sue McClure Graded Meet 2023	Ayr	SCO2172	3
50 Breaststroke	42.09	42.80	306	03/09/22	2022 SS West District SC Sep AG Meet	Glasgow	SCO1910	2
100 Breaststroke	1:33.46	1:34.80	297	19/03/23	Falkirk Age Group Meet 2023	Grangemouth	SCO2001	2
200 Breaststroke	3:23.46	3:26.00	289	07/05/22	West District May AG Meet	Tollcross	SCO1887	2
100 Butterfly	1:30.10	1:30.90	215	09/09/23	SS West District SC Sep AG Meet 2023	Glasgow	SCO2062	2