

Individual Best Times (All Time)

Roisin Ramsay - (906555) - Warrender Baths Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.42	26.60	638	04/02/18	East District Age Groups 2018 Round 3	Edinburgh	SCO1419	1
100 Freestyle	58.36	56.90	695	29/03/17	Scottish National Age Group Championships	Aberdeen	SCO1270	1
200 Freestyle	2:05.01	2:02.20	735	02/04/17	Scottish National Age Group Championships	Aberdeen	SCO1270	1
400 Freestyle	4:22.40	4:17.00	721	31/03/17	Scottish National Age Group Championships	Aberdeen	SCO1270	1
800 Freestyle	9:08.55	8:57.90	690	19/04/17	British Swimming Championships 2017	Sheffield	BSW001	1
1500 Freestyle	18:01.61	17:42.40	616	30/03/16	Scottish National Age Group Championships	Glasgow	SCO1106	1
50 Breaststroke	41.09	40.30	357	04/02/17	East District Age Groups Finals	Edinburgh	SCO1234	1
100 Breaststroke	1:27.95	1:26.50	387	05/02/17	East District Age Groups Finals	Edinburgh	SCO1234	1
200 Breaststroke	3:17.10	3:14.40	339	29/06/14	Scottish Gas National Age Groups 2014	Aberdeen	SCO867	1
50 Butterfly	31.11	30.50	484	04/02/17	East District Age Groups Finals	Edinburgh	SCO1234	1
100 Butterfly	1:08.23	1:07.10	537	05/02/17	East District Age Groups Finals	Edinburgh	SCO1234	1
50 Backstroke	31.91	31.30	596	05/02/17	East District Age Groups Finals	Edinburgh	SCO1234	1
100 Backstroke	1:06.84	1:05.60	631	23/01/16	East District Age Group Championships	Edinburgh	SCO1071	1
200 Backstroke	2:22.41	2:20.10	646	31/07/15	British Summer Championships	Sheffield	ASA141	1
200 Individual Medley	2:27.61	2:24.90	623	03/02/17	East District Age Groups Finals	Edinburgh	SCO1234	1
400 Individual Medley	5:15.11	5:09.50	600	29/01/16	18th Luxembourg Euro-Meet 2016	Luxembourg	GBR266	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.23	28.00	597	09/12/17	Scottish National Short Course Open Champs	Edinburgh	SCO1389	2
100 Freestyle	57.14	58.60	680	23/10/16	ASA National County Teams Division 1	Sheffield	ASA151	2
200 Freestyle	2:02.57	2:05.40	728	11/12/16	Scottish National Short Course Championships	Edinburgh	SCO1210	1
400 Freestyle	4:12.88	4:18.40	765	10/12/16	Scottish National Short Course Championships	Edinburgh	SCO1210	1
800 Freestyle	8:46.53	8:57.40	745	09/12/16	Scottish National Short Course Championships	Edinburgh	SCO1210	1
50 Breaststroke	41.75	42.50	313	17/09/16	Warrender Championships	Glenrothes	SCO1183	2
100 Breaststroke	1:29.01	1:30.40	343	18/09/16	Warrender Championships	Glenrothes	SCO1183	2
200 Breaststroke	3:01.68	3:04.60	406	15/01/17	East District Age Groups Round 2	Edinburgh	SCO1236	1
50 Butterfly	31.09	31.70	482	04/11/18	North District Open Championships 2018	Aberdeen	SCO1538	2
100 Butterfly	1:11.74	1:12.80	427	18/09/16	Warrender Championships	Glenrothes	SCO1183	2
200 Butterfly	2:29.56	2:31.70	511	14/01/18	EDAG Round 2 2018	Michael Woods Centre	SCO1432	2
50 Backstroke	31.48	32.10	516	08/10/17	WBC Championships 2017	Michael Woods Centre	SCO1392	2
100 Backstroke	1:05.76	1:07.00	581	22/10/16	Lincoln Vulcans L2 Short Course Open Meet	Sheffield	EM160423	2
200 Backstroke	2:19.60	2:22.00	618	05/11/16	North District Open Championships	Inverness	SCO1193	1
200 Individual Medley	2:22.17	2:24.90	629	09/12/16	Scottish National Short Course Championships	Edinburgh	SCO1210	1
400 Individual Medley	5:01.71	5:07.50	632	26/11/16	East District Age Groups Championships	Glenrothes	SCO1206	1
100 Individual Medley	1:12.44	1:12.40	474	20/09/15	WBC Club Championships 2015 Weekend	Glenrothes	SCO1033	2